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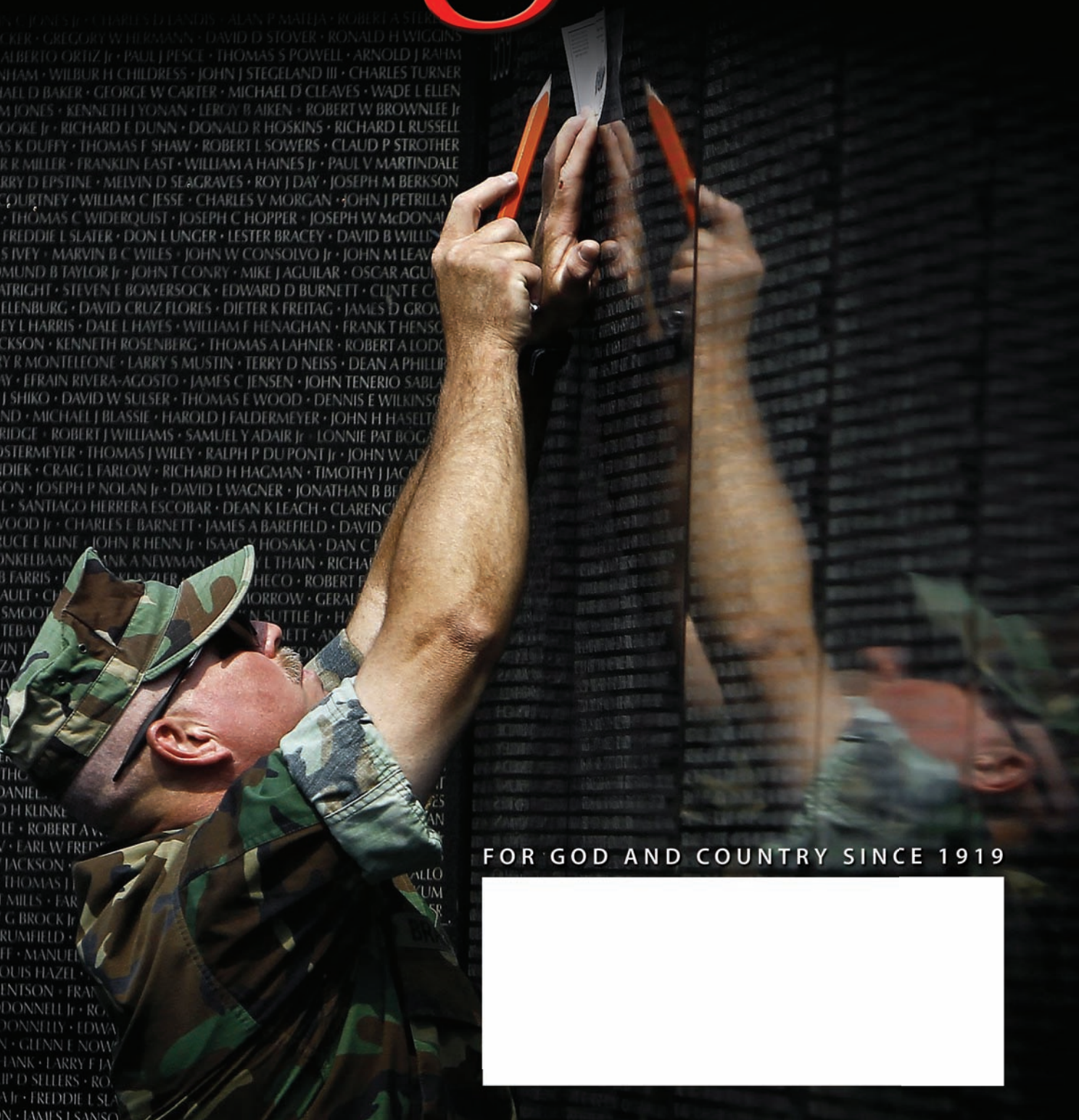

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SOLDIER, BELOVED SON AND LEGIONNAIRE

During the National Executive Committee's Fall Meetings, Theodore Roosevelt IV attended the formal unveiling of a portrait of his grandfather, Theodore Roosevelt Jr., that he donated to The American Legion in May. T.A. Devenish's "Brigadier General Theodore Roosevelt Jr., 1887-1944" is based on a photograph of Roosevelt taken shortly before his death in 1944. The son of President Theodore Roosevelt, the younger Roosevelt helped found the Legion but famously turned down a nomination for the office of national commander at the St. Louis Caucus in May 1919. The organization voted to name him a past national commander in 1949. Eldon Lindsay photo

The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 2.4 million members. These wartime veterans, working through 14,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.

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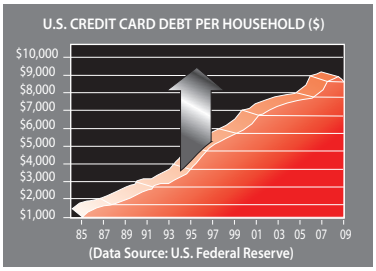

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'One Veteran at a Time'

As a retired VA employee of 25 years, and a Wisconsin American Legion service officer of 10 years, I enjoyed this article. In my opinion, most Legion service officers are grossly underpaid, overworked and underappreciated. However, their reward comes through the knowledge that they are helping their clients acquire the benefits to which they are entitled by congressional mandate. There is no greater satisfaction as a service officer than having a veteran's claim approved and the veteran thanking you for your efforts.

– Vern Miller, Hayward, Wis.

I was deeply impressed by the impact John Cloud has made aiding veterans in receiving the benefits justly due them. May he be blessed for the necessary and fulfilling service he renders to our often-forgotten military men and women.

– Barbara Woessner, Ridge, N.Y.

I am one of the Vietnam veterans who have been helped by the Legion. I particularly want to thank Dave Wilson of the Indianapolis office. He has put up with my sometimes-confusing communications about the nature of my problems, and kept VA on the ball in the claims process. I sincerely hope my comrades have such good fortune in finding help.

– Richard M. Cadwell, West Lafayette, Ind.

This piece was well done, long overdue and, I might add, finally placed an emphasis on why The American Legion was founded: veterans services. I am so proud to see these dedicated professionals who give their all daily gain the recognition they so deserve.

– Jerry Schleining Sr., Gresham, Ore.

On deporting young illegals

I read with amazement Rep. Ed Pastor's comments concerning whether or not the United States should stop deporting young illegal aliens (Big Issues, September). If 20 million people from any other nation invaded the United States, we would declare war. Yet for Mexico, some of us welcome them with open arms and give them preference over our own citizens. Nowhere do our laws state that enforcement is optional. Shame on Pastor for agreeing with breaking the law.

– Phillip Leamons, Grandview Plaza, Kan.

Ed Pastor suggests that the Obama administration's decision to halt deportations of certain undocumented young people brought here as children – and who are now students, servicemembers, teachers and entrepreneurs – is a positive step forward. He apparently has a crystal ball, as he goes on to say that we can now spend our dollars on deporting gang members and traffickers. How can he tell the difference?

– Jack Bast, Hartford, Wis.

When President Obama ordered his administration to stop enforcing immigration laws he didn't like, he overstepped his authority and thumbed his nose at the U.S. Constitution. Illegal means illegal: invading, trespassing, unwelcome.

– Stanley M. Callahan, Neoga, Ill.

The immigration laws talked about were only recently enacted, and their constitutionality is still challenged by civil-rights organizations. I believe our founders would strongly disapprove of these laws. Their intent was to establish a place where the oppressed could find refuge and make a new life if they were willing to work and bear the hardships of the New World.

Young immigrants who come to America to get an education, become productive or serve in our military should be encouraged to get their citizenship. I believe the DREAM Act would make a better America.

– Carl Fritzsche, Tucson, Ariz.

Ed Pastor includes servicemembers and veterans among those to receive amnesty. I had understood that illegal immigrants were not recruited into the military. Just in case I was wrong, I called two different recruiting offices, and both confirmed that citizens must produce a birth certificate and a picture ID or passport. Legal immigrants are required to have a current green card. So, to join the military, an undocumented alien would have to steal someone's ID, which is a felony. In my opinion, "honorable service" was added to sweeten the pot and gain sympathy for this group. It is hard to convince people that there aren't illegal immigrants in the military, because they've seen immigrants sworn in as citizens in Iraq and Afghanistan. If they were allowed to enlist, it would seem like a security problem to me.

– Gaylan Stewart, Spanish Fork, Utah

'When Hope Seems Lost'

Regarding Andy Romey's article (September), one of the main problems is that all the counselors I've met have been civilians. If you've never been there, you can't understand what we went through. It's all in our heads, they say. We need to get over it. A handful of pills will help – they mostly cover up the symptoms, and when they wear off or your body gets used to it, the symptoms come back.

The nightmares, the dread and that hollow feeling you get that nobody cares are hell to deal with. Just ask my husband.

– Brenda Rice, Sweet Home, Ore.

'Robot Wars'

I believe that robots will save lives and enhance security if properly used (September). But I strongly question the use of armed robots and UAVs. Robot weapons controlled from afar keep combatants out of danger but make warfare much easier, separating the decision to engage in combat from the combatant, and politicians and other leaders from the necessity to explain and justify the most dire consequence of war: the deaths of U.S. servicemembers. Using unmanned weapons to go around a spineless ally is taking the easy way out. War should never become easy, or we are diminished as a civilized people.

– Bill Merritt, Camdenton, Mo.

'The Last Battle'

Having read Jeff Stoffer's article (August), I would be obliged if you would print the names of those who died during the *Mayaguez* incident. Since they are the last of our brothers to die in the Vietnam War, they have a special place in our hearts and our memories. May they rest in peace.

– John W. Brokaw, Austin, Texas

Editor's note: The 41 names include the 23 who died in the helicopter crashes, 15 killed in action on Koh Tang Island, and three whose fate on the island is unknown: Daniel Benedett, Jimmy Black, Lynn Blessing, Walter Boyd, Bobby Collums, Gregory Copenhaver, Gerald Coyle, Thomas Dwyer, Bob Ford, Gerald Fritz, Laurence Froehlich, Andres Garcia, Bernard Gause Jr., Jackie Glenn, Gary Hall, Darrell Hamlin, Gregory Hankamer, Joseph Hargrove, David Higgs, Faleagafulu Ilada, James Jacques, James Kays, Michael Lane, Dennis London, Ashton Loney, Ronald Manning, Danny Marshall, Robert Mathias, James Maxwell, William McKelvey, George McMullen, Edgar Moran II, Tommy Nealis, Paul Raber, Richard Rivenburgh, Robert Ross, Elwood Rumbaugh, Antonio Ramos Sandovall, Kelton Turner, Richard Vande Geer, Robert Weldon.

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As a Senior Diabetes Care Specialist (Scottsdale, AZ), he fights diabetes, today and every day.

Scott White
Scott is a Combat Medic, 75th Combat Support Hospital, Fort Gillem, GA. Currently a Specialist, US Army Reserve.

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New goal for Operation Comfort Warriors

About six years ago, then-American Legion National Commander Paul A. Morin was astonished to find that wounded and sick U.S. military personnel recovering at Landstuhl Regional Medical Center in Germany did not always have working television sets. The level of medical care, he noted, was second to none, unparalleled in the history of warfare.

But certain things – namely, comfort items that pass the time when a battle-hardened soldier is suddenly stuck in a hospital bed – were not readily available. Music players, DVDs, books, magazines and such are considered non-essential items in a military hospital. So Commander Morin called upon The American Legion to raise $50,000 to buy comfort items for patients at Landstuhl. He set a deadline of about six weeks.

In that time, The American Legion family raised more than $257,000 for what was then called Operation Landstuhl.

In 2008, the program was renamed Operation Comfort Warriors (OCW) and its scope expanded. The Legion began delivering comfort items to recovering military personnel around the world. As the fund drew down through distributions, Legionnaires stepped up with more donations. The effort was so central to the Legion's core mission that OCW easily beat out more than 700 other causes in the first-ever Pepsi Refresh Everything grant competition in early 2010. Legion family members everywhere made online voting a daily routine, and the reward was a $250,000 grant from PepsiCo.

OCW has produced gift cards and equipment at Fort Lewis, fitness gear at Fort Benning, gift-filled backpacks at Camp Pendleton, sweatsuits at Walter Reed, recreational items at Fort Gordon, day trips for Landstuhl patients, tickets to Six Flags amusement parks for military families and much more. It has purchased hundreds of video games, consoles, Blu-ray players, movies, CDs, iPods, games, puzzles, books and magazines. Not one donated cent has gone into marketing, administration or staff. It all flows to the servicemembers and families in need, through the DoD facilities that help them.

Operation Comfort Warriors embodies the very spirit of The American Legion. When members of this organization see a need, they simply get it done.

That's why OCW is my major fundraising project this year. As you might guess, with so many distributions behind us and more to come, the fund always needs new infusions. I have set a goal of $500,000 in new contributions this year and, as I write this, more than $33,500 has already come in. I know we can do this. If you would like to watch videos about what OCW means to our recovering troops, visit **www.legion.org/operationcomfortwarriors**. I promise that when you see how our troops appreciate these items, you will understand why this matters so much to me.

Giving is easy when you visit **www.legion.org/donate** or mail a check to Operation Comfort Warriors, c/o The American Legion, P.O. Box 1055, Indianapolis, IN 46206. No gift is too small, and little is more priceless than the delivery of comfort to someone who suffers so that we may live in freedom.

James E. "Jim" Koutz

National Commander James E. Koutz

MEMORANDA

BLOOD DONOR PROGRAM

In 2011, American Legion posts collected 83,746 pints of donated blood from 46,528 donors. The year-round effort hits a peak during the holidays and throughout January, which is National Blood Donor Month. Legionnaires are encouraged to give blood and host blood drives at their posts. Awards are given at the national convention to departments with the most participation among posts and individuals.

www.legion.org/security/blood

MEMBERSHIP & POST ACTIVITIES PLANNING SESSION

The National Membership & Post Activities Committee will meet in Indianapolis Jan. 11-12 to evaluate membership strategies, hear from Legion leaders and analyze current membership programs. Success stories, membership standings, training tools and other resources are available online.

www.legion.org/membership

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Extend the Bush-era tax cuts

SUPPORT

Sen. Mitch McConnell, R-Ky.

■ McConnell is the Republican leader in the Senate.

OPPOSE

Sen. Debbie Stabenow, D-Mich.

■ Stabenow is chairwoman of the Senate Agriculture Committee.

Two years ago, Vice President Joe Biden and I agreed that raising taxes on American taxpayers and job creators would hurt job growth, particularly during a slow economy. At that time, the economy was growing at an anemic 2.4 percent a year, and even President Barack Obama agreed that a tax hike would be a mistake. Forty Democrats in the Senate joined Republicans in stopping those tax hikes, which are the very same job-and-economy-destroying tax increases that will hit at the end of this year if Congress fails to act.

If economic growth was anemic then, it's worse now. The Commerce Department reported that GDP growth last quarter was an even more dismal 1.5 percent – even less than what it was when we extended tax relief for all taxpayers in 2010. Yet the president and Senate Democrats continue to push for higher taxes on nearly a million business owners – the same people we are counting on to help get us out of this economic crisis.

In my view, the best approach to taxes right now is to do no harm. Let every American and U.S. business know that they won't have a higher tax bill at the end of the year. Republicans believe everybody in America should have that certainty.

But Washington Democrats are sending the message that some people deserve relief and some don't, and that they'll decide who those people are regardless of the effect on the broader economy.

The House passed an extension of the expiring 2001 and 2003 tax cuts, while Senate Democrats passed a bill that would increase taxes on small businesses. The good news is that we can avoid increasing taxes on job creators, but it will require the president to return to the belief that raising taxes in a slow economy is a terrible idea.

THE HEART OF THE ISSUE

Republicans want to preserve the Bush-era tax cuts for all Americans, regardless of income. Democrats support extending the tax cuts only for households making no more than $250,000, and individuals making no more than $200,000, a year.

Today our country faces a new and very serious challenge to get our fiscal house in order. There are starkly different visions of what we must do to meet that challenge.

One vision is to continue down the path of giving billions of dollars in tax breaks to millionaires, billionaires and special-interest groups, with the hope that their economic prosperity will trickle down to others.

This vision, seen in plans like vice presidential candidate Paul Ryan's budget, increases the tax burden on middle-class workers, guts Social Security and Medicare for seniors, and means the kind of budget cuts that will raise fees and deeply cut services and benefits for veterans.

Another vision, the vision I share, would build our middle class so that everyone has a chance to succeed. It is a vision of shared sacrifice that has served our nation throughout its history – one that requires everyone, including millionaires and billionaires, to pay their fair share. This vision protects Medicare, Social Security and veterans benefits, keeping our promises to seniors and veterans who have already sacrificed so much. It also creates good-paying jobs, especially for veterans transitioning to civilian life after returning home from Iraq and Afghanistan, so that we can rebuild and have a strong middle class.

Sacrifice is not easy. As veterans working hard to make a living and raise a family, you know this. As this debate continues in Congress, I remain committed to fight for seniors, veterans and middle-class families with the confidence that, as Americans, we can meet this fiscal challenge as we have the greatest of challenges throughout our history.

CONTACT YOUR ELECTED OFFICIALS

The Honorable *(name)*, U.S. Senate, Washington, DC 20510 • Phone: (202) 224-3121

The Honorable *(name)*, U.S. House of Representatives, Washington, DC 20515 • Phone: (202) 225-3121

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How to Outsmart a Millionaire

Only the "Robin Hood of Watchmakers" can steal the spotlight from a luxury legend for under $200!

I wasn't looking for trouble. I sat in a café, sipping my espresso and enjoying the quiet. Then it got noisy. Mr. Bigshot rolled up in a roaring high-performance Italian sports car, dropping attitude like his $22,000 watch made it okay for him to be rude. That's when I decided to roll up my sleeves and teach him a lesson.

"Nice watch," I said, pointing to his and holding up mine. He nodded like we belonged to the same club. We did, but he literally paid 100 times more for his membership. Bigshot bragged about his five-figure purchase, a luxury heavyweight from the titan of high-priced timepieces. I told him that mine was the ***Stauer Corso, a 27-jewel automatic classic now available for only $179.*** And just like that, the man was at a loss for words.

Think of Stauer as the "Robin Hood of Watchmakers." We believe everyone deserves a watch of uncompromising precision, impressive performance and the most elegant styling. You deserve a watch that can hold its own against the luxury classics for a fraction of the price. You'll feel the quality as soon as you put it on your wrist. This is an expertly-crafted time machine... not a cry for attention.

Wear a mechanical masterpiece for only $179! We surveyed our customers. As intelligent, high net worth individuals, they have outgrown the need to show off. They have nothing to prove; they already proved it. They want superb quality and astonishing value. And that's exactly what we deliver.

The Stauer ***Corso*** is proof that the worth of a watch doesn't depend on the size of its price tag. Our factory spent over $40 million on Swiss-made machinery to insure the highest quality parts. Each timepiece takes six months and over 200 individual precision parts to create the complex assembly. Peer through the exhibition back to see the 27-jeweled automatic movement in action and you'll understand why we can only offer the ***Corso*** in a limited edition.

Our specialty is vintage automatic movements. The ***Corso*** is driven by a self-winding design, inspired by a 1923 patent. Your watch will never need batteries. Every second of power is generated by the movement of your body. The black dial features a trio of date complications including a graphic day/night display. The ***Corso*** secures with a two-toned stainless steel bracelet and is water-resistant to 3 ATMs.

Your satisfaction is 100% guaranteed. Test drive the Stauer ***Corso***. If you don't love it, send it back within 30 days and we'll refund every dollar of your purchase price. Spending more doesn't make you smarter. But saving thousands on a watch this stunning will leave you feeling (and looking) like a genius!

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What's your eating style?

Whether we know it or not, each of us has an "eating style." The Cleveland Clinic has a simple way to help you find out what your style is – and how you can adjust it to benefit your health.

My breakfast usually consists of:

1 I don't usually eat breakfast
2 Fruit and yogurt on a good day, or a doughnut when I'm feeling down
3 A bagel with cream cheese and juice
4 Something prepackaged or from the drive-thru
5 A bran muffin or a piece of whole wheat toast with peanut butter

I tend to snack:

1 Never
2 When I'm upset or stressed
3 Whenever I feel hungry
4 When I have time to hit the vending machine between meetings
5 Midmorning or midafternoon

If I splurge at a meal and overdo it:

1 I feel terrible about it and skip breakfast the next day
2 I feel guilty
3 I figure it's OK if it was healthy food
4 I probably did it because there wasn't time to eat lunch that day
5 I don't sweat it too much. It's bound to happen every once in a while

My dinner usually consists of:

1 Three cheese enchiladas or a big batch of macaroni and cheese
2 Lean meat and a salad when I'm feeling good, or loaded French fries when I'm feeling overwhelmed
3 Chef's salad, pasta with chicken and parmesan cheese, a whole wheat roll and a cup of frozen yogurt
4 The drive-thru or a microwaveable meal
5 Chicken or fish, steamed green beans and wild rice

Eating is:

1 Something I worry about constantly
2 What I do when I feel stressed
3 Fun and something to enjoy
4 Something I wish I had more time to focus on
5 For fueling up and enjoying

Media Bakery

See **EATING STYLE RESULTS** *on page* **18**

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

'I have to give myself a break'

Family caregivers need support, time to themselves.

BY BETH W. ORENSTEIN

On most days, John Lewis, 63, gets up at 6:30 a.m. He goes to the YMCA about a half mile from his home in Albuquerque, N.M., to work out and then runs three miles. He's gone for about an hour and is back before his wife, Alexis, is awake.

John has been Alexis' caregiver since she was diagnosed with multiple sclerosis two weeks before 9/11. Alexis, 51, is able to get around with a walker at home, but when they go out she needs a wheelchair. John does the shopping, the laundry, the cooking, the cleaning and the chauffeuring – and at least once a week, Alexis has a doctor's appointment.

Still, John makes time for regular exercise because he knows how important it is for caregivers to take care of themselves, too.

One of the biggest challenges for caregivers is learning to care for their loved ones without it consuming their entire life or causing burnout, says Lynn Feinberg, AARP's caregiving expert. "If you take care of yourself, not only will you be a happier person, you will be a better caregiver," she says.

Also, many have children at home at the same time they're caring for a spouse or parent, says Deborah Amdur, VA's chief consultant for care management and social work services. "They're stressed and busy, and they don't know where to turn," she says.

The need to assist family caregivers was one reason Congress enacted the Caregivers and Veterans Omnibus Health Services Act of 2010. The law offers families of veterans severely wounded in Iraq and Afghanistan financial aid and other support so that they can provide needed home care for their loved ones.

Under the law, primary family caregivers of wounded post-9/11 veterans and servicemembers may be eligible for a stipend, mental health services and access to health insurance, if they are not already entitled to care or services under a health-care plan.

Media Bakery

"Although the Caregivers Act adds new benefits and services specifically for seriously injured post-9/11 veterans and their family caregivers, VA has made funding available to enhance our support of family caregivers of all eras," Amdur says.

Every VA medical center has a local caregiver support coordinator who is available to assist family caregivers in identifying and obtaining benefits and services for which they are eligible.

John and Alexis are both veterans, having served on active duty in the New Mexico Army National Guard for more than 26 years; it's where they met. VA provides a stipend to help John care for Alexis at home. "If I wasn't her caregiver, VA would have to pay for someone to take her to appointments, so in the long run it saves VA money," John says.

To be eligible, John completed family caregiver training, where he learned about the importance of taking care of himself. "I know I have to give myself a break so I don't get overwhelmed," he says.

As a way to thank VA, John volunteers as a mentor for other veterans who are caregivers. He exchanges emails regularly with a veteran whose wife has a spinal cord injury and is immobile. "I write and see how he's doing and ask, 'Do you need any help?'" he says.

Feinberg says that local or online caregiver support groups are also helpful in meeting the more-than-full-time challenges of being a family caregiver. Connecting with others who know what you're going through helps, she says, and it can alleviate some stress.

Beth W. Orenstein is a freelance medical writer living in Northampton, Pa.

CAREGIVER RESOURCES

VA programs for veterans and their caregivers include:

In-home and community based care This includes skilled home health care, homemaker home health-aide services, community adult day health care and home-based primary care.

Respite care Designed to relieve the family caregiver from the constant challenge of caring for a chronically ill or disabled veteran at home, respite services can include in-home care, a short stay in one of VA's community living centers, or an environment designed for adult day health care.

Caregiver education and training programs VA currently provides multiple training opportunities, including pre-discharge care instruction and specialized caregiver programs for caregivers of veterans with polytrauma such as traumatic brain injury, spinal cord injuries or disorders, and blind rehabilitation. VA also has a family caregiver assistance healthy-living center on My HealtheVet, at **www.myhealth.va.gov**, as well as caregiver information on VA's main health website. Both sites include information on VA and community resources, and caregiver health and wellness.

Caregiver support groups and other services Family caregiver support groups, offered in a face-to-face setting, online or over the telephone, provide emotional and peer support and information. Family caregiver services include family counseling, spiritual and pastoral care, family leisure and recreational activities, and temporary lodging at a local Fisher House.

Other services VA provides durable medical equipment, prosthetics and sensory aides to improve function, financial assistance with home modification to improve access and mobility, and transportation assistance for some veterans to and from medical appointments.

VA's Post-9/11 Family Caregiver Program application Posted online at **www.caregiver.va.gov**, the application helps veterans designate a primary family caregiver, and secondary family caregivers if needed. Caregiver support coordinators are stationed at every VA medical center and are available via phone at **877-222-8387 (VETS)** to assist veterans and their family caregivers with the application process.

Eldercare Locator The Federal Administration on Aging has created an Eldercare Locator online at **www.eldercare.gov** to connect services for older adults and their families. You can also call **1-800-677-1116** to speak with an Eldercare information specialist. Use the locator to find community resources for everything from Alzheimer's disease to long-term care and transportation.

IMPORTANT SAFETY INFORMATION

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT XARELTO® (RIVAROXABAN)?

People with atrial fibrillation (an irregular heartbeat) are at an increased risk of forming a blood clot in the heart, which can travel to the brain, causing a stroke, or to other parts of the body. XARELTO® lowers your chance of having a stroke by helping to prevent clots from forming. If you stop taking XARELTO®, you may have an increased risk of forming a clot in your blood.

- **Do not stop taking XARELTO® without talking to the doctor who prescribes it for you. Stopping XARELTO® increases your risk of having a stroke.**

  If you have to stop taking XARELTO®, your doctor may prescribe another blood thinner medicine to prevent a blood clot from forming.
- Take XARELTO® 1 time a day **with your evening meal** exactly as prescribed by your doctor.

XARELTO® can cause bleeding, which can be serious, and rarely may lead to death. This is because XARELTO® is a blood thinner medicine that reduces blood clotting. While you take XARELTO® you are likely to bruise more easily and it may take longer for bleeding to stop.

You may have a higher risk of bleeding if you take XARELTO® and take other medicines that increase your risk of bleeding, including:

- Aspirin or aspirin-containing products
- Non-steroidal anti-inflammatory drugs (NSAIDs)
- Warfarin sodium (Coumadin®, Jantoven®)
- Any medicine that contains heparin
- Clopidogrel (Plavix®)
- Prasugrel (Effient®)
- Ticagrelor (Brilinta™)

Tell your doctor if you take any of these medicines. Ask your doctor or pharmacist if you are not sure if your medicine is one listed above.

Call your doctor or get medical help right away if you develop any of these signs or symptoms of bleeding:

- Tingling, numbness (especially in your legs), or muscle weakness. This is particularly important if you had a procedure where a needle was inserted into the spinal column for any reason
- Any unexpected bleeding, or bleeding that lasts a long time such as
  - Nosebleeds that happen often
  - Unusual bleeding from gums
  - Menstrual bleeding that is heavier than normal, or vaginal bleeding
- Bleeding that is severe or that you cannot control
- Red, pink, or brown urine
- Bright red or black stools (look like tar)
- Cough up blood or blood clots
- Vomit blood or your vomit looks like "coffee grounds"
- Headaches, feeling dizzy or weak
- Pain, swelling, or new drainage at wound sites

WHO SHOULD NOT TAKE XARELTO®?

Do not take XARELTO® if you

- Currently have abnormal or unusual bleeding
- Are allergic to rivaroxaban or any of the ingredients of XARELTO®

WHAT SHOULD I TELL MY DOCTOR BEFORE OR WHILE TAKING XARELTO®?

Before taking XARELTO®, tell your doctor if you

- Have ever had bleeding problems
- Have liver or kidney problems
- Have any other medical condition
- Are pregnant or planning to become pregnant
- Are breastfeeding or plan to breastfeed

Tell all of your doctors and dentists that you are taking XARELTO®. They should talk to the doctor who prescribed XARELTO® for you before you have any surgery, medical or dental procedure.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. Some of your other medicines may affect the way XARELTO® works. Certain medicines may increase your risk of bleeding. Especially tell your doctor if you take

- Ketoconazole (Nizoral®)
- Itraconazole (Onmel™, Sporanox®)
- Ritonavir (Norvir®)
- Lopinavir/ritonavir (Kaletra®)
- Indinavir (Crixivan®)
- Carbamazepine (Carbatrol®, Equetro®, Tegretol®, Tegretol®-XR, Teril™, Epitol®)
- Phenytoin (Dilantin-125®, Dilantin®)
- Phenobarbital (Solfoton™)
- Rifampin (Rifater®, Rifamate®, Rimactane®, Rifadin®)
- St. John's wort (*Hypericum perforatum*)

Ask your doctor if you are not sure if your medicine is one listed above. Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

HOW SHOULD I TAKE XARELTO®?

Take XARELTO® exactly as prescribed by your doctor. **Do not change your dose or stop taking XARELTO® unless your doctor tells you to.**

For people who have:

- **Atrial fibrillation:** Take XARELTO® 1 time a day **with your evening meal. Stopping XARELTO® may increase your risk of having a stroke or forming blood clots in other parts of your body.**
- Your doctor may stop XARELTO® for a short time before any surgery, medical or dental procedure. Your doctor will tell you when to start taking XARELTO® again after your surgery or procedure.
- Do not run out of XARELTO®. Refill your prescription for XARELTO® before you run out.
- If you miss a dose of XARELTO®, take it as soon as you remember on the same day.
- If you take too much XARELTO®, go to the nearest hospital emergency room or call your doctor right away.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF XARELTO®?

XARELTO® can cause bleeding, which can be serious, and rarely may lead to death. ***Please see "What is the most important information I should know about XARELTO®?"***

Tell your doctor if you have any side effect that bothers you or that does not go away.

Discuss any side effects with your doctor. You are also encouraged to report side effects to the FDA: visit *http://www.fda.gov/medwatch* or call 1-800-FDA-1088. You may also report side effects to Janssen Pharmaceuticals, Inc. at 1-800-JANSSEN (1-800-526-7736).

02X11361

Please see accompanying Product Information including Boxed Warnings on the following pages.

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janssen

If you have atrial fibrillation (AFib)

Ready to break your AFib routine?

XARELTO® is the first and only once-a-day prescription blood thinner for patients with AFib not caused by a heart valve problem, that is proven to reduce the risk of stroke—without routine blood monitoring.

Ask your doctor about XARELTO.®

XARELTO® is proven effective to reduce the risk of stroke in people who have an irregular heartbeat called atrial fibrillation, or AFib. With XARELTO®, there's no routine blood monitoring—so you have more time for yourself. There are no dietary restrictions, so you're free to enjoy the healthy foods you love. And there are no dosage adjustments, which means you can manage your risk with just one pill a day, taken with your evening meal. Learn how XARELTO® can help simplify your AFib-related stroke-risk treatment. Talk to your doctor or call 1-888-XARELTO (1-888-927-3586) today.

Like warfarin, XARELTO® is a prescription medicine used to reduce the risk of stroke and blood clots in people with atrial fibrillation, not caused by a heart valve problem. There is limited data on how these drugs compare when warfarin is well managed.

Please see accompanying Product Information including Boxed Warnings on the following pages.

Learn more about XARELTO®
Ask your doctor
Visit **XARELTO-US.com**

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MEDICATION GUIDE FOR

XARELTO® (zah-REL-toe) (rivaroxaban) Tablets

Read this Medication Guide before you start taking XARELTO and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or your treatment.

What is the most important information I should know about XARELTO?

- **For people taking XARELTO for atrial fibrillation:** People with atrial fibrillation (an irregular heart beat) are at an increased risk of forming a blood clot in the heart, which can travel to the brain, causing a stroke, or to other parts of the body. XARELTO lowers your chance of having a stroke by helping to prevent clots from forming. If you stop taking XARELTO, you may have increased risk of forming a clot in your blood.

  Do not stop taking XARELTO without talking to the doctor who prescribes it for you. Stopping XARELTO increases your risk of having a stroke.

  If you have to stop taking XARELTO, your doctor may prescribe another blood thinner medicine to prevent a blood clot from forming.

- XARELTO can cause bleeding, which can be serious, and rarely may lead to death. This is because XARELTO is a blood thinner medicine that reduces blood clotting. While you take XARELTO you are likely to bruise more easily and it may take longer for bleeding to stop.

You may have a higher risk of bleeding if you take XARELTO and take other medicines that increase your risk of bleeding, including:

- aspirin or aspirin containing products
- non-steroidal anti-inflammatory drugs (NSAIDs)
- warfarin sodium (Coumadin®, Jantoven®)
- any medicine that contains heparin
- clopidogrel (Plavix®)
- prasugrel (Effient®)
- ticagrelor (Brilinta®)

Tell your doctor if you take any of these medicines. Ask your doctor or pharmacist if you are not sure if your medicine is one listed above.

Call your doctor or get medical help right away if you develop any of these signs or symptoms of bleeding:

- unexpected bleeding or bleeding that lasts a long time, such as:
  - nose bleeds that happen often
  - unusual bleeding from the gums
  - menstrual bleeding that is heavier than normal or vaginal bleeding
- bleeding that is severe or you cannot control
- red, pink or brown urine
- bright red or black stools (looks like tar)
- cough up blood or blood clots
- vomit blood or your vomit looks like "coffee grounds"
- headaches, feeling dizzy or weak
- pain, swelling, or new drainage at wound sites

See "What are the possible side effects of XARELTO?" for more information about side effects.

What is XARELTO?

- XARELTO is a prescription medicine used to:
  - reduce the risk of stroke and blood clots in people who have a medical condition called atrial fibrillation. With atrial fibrillation, part of the heart does not beat the way it should. This can lead to the formation of blood clots, which can travel to the brain, causing a stroke, or to other parts of the body.
  - reduce the risk of forming a blood clot in the legs and lungs of people who have just had hip or knee replacement surgery.

It is not known if XARELTO is safe and works in children.

Who should not take XARELTO?

Do not take XARELTO if you:

- currently have certain types of abnormal bleeding. Talk to your doctor before taking XARELTO if you currently have unusual bleeding.
- are allergic to rivaroxaban or any of the ingredients in XARELTO. See the end of this leaflet for a complete list of ingredients in XARELTO.

What should I tell my doctor before taking XARELTO?

Before you take XARELTO, tell your doctor if you:

- have ever had bleeding problems
- have liver or kidney problems
- have any other medical condition
- are pregnant or planning to become pregnant. It is not known if XARELTO will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if XARELTO passes into your breast milk. You and your doctor should decide if you will take XARELTO or breastfeed.

Tell all of your doctors and dentists that you are taking XARELTO. They should talk to the doctor who prescribed XARELTO for you before you have any surgery, medical or dental procedure.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. Some of your other medicines may affect the way XARELTO works. Certain medicines may increase your risk of bleeding. See **"What is the most important information I should know about XARELTO?"**

Especially tell your doctor if you take:

- ketoconazole (Nizoral®)
- itraconazole (Onmel™, Sporanox®)
- ritonavir (Norvir®)
- lopinavir/ritonavir (Kaletra®)
- indinavir (Crixivan®)
- carbamazepine (Carbatrol®, Equetro®, Tegretol®, Tegretol®-XR, Teril™, Epitol®)
- phenytoin (Dilantin-125®, Dilantin®)
- phenobarbital (Solfoton™)

- rifampin (Rifater®, Rifamate®, Rimactane®, Rifadin®)
- St. John's wort (Hypericum perforatum)

Ask your doctor if you are not sure if your medicine is one listed above.

Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

How should I take XARELTO?

- Take XARELTO exactly as prescribed by your doctor. Do not change your dose or stop taking XARELTO unless your doctor tells you to.
- For people who have:
  - **atrial fibrillation:** Take XARELTO 1 time a day **with your evening meal. Stopping XARELTO may increase your risk of having a stroke or forming blood clots in other parts of your body.**
  - **hip or knee replacement surgery:** Take XARELTO 1 time a day **with or without food.**
- **Your doctor will decide how long you should take XARELTO. Do not stop taking XARELTO without talking with your doctor first.**
- Your doctor may stop XARELTO for a short time before any surgery, medical or dental procedure. Your doctor will tell you when to start taking XARELTO again after your surgery or procedure.
- Do not run out of XARELTO. Refill your prescription of XARELTO before you run out. When leaving the hospital following a hip or knee replacement, be sure that you will have XARELTO available to avoid missing any doses.
- If you miss a dose of XARELTO, take it as soon as you remember on the same day.
- If you take too much XARELTO, go to the nearest hospital emergency room or call your doctor right away.

What are the possible side effects of XARELTO?

- **See "What is the most important information I should know about XARELTO?"**

Tell your doctor if you have any side effect that bothers you or that does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store XARELTO?

- Store XARELTO at room temperature between 59° to 86°F (15° to 30° C).

Keep XARELTO and all medicines out of the reach of children.

General information about XARELTO.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use XARELTO for a condition for which it was not prescribed. Do not give XARELTO to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about XARELTO. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about XARELTO that is written for health professionals.

For more information call 1-800-526-7736 or go to www.XARELTO-US.com.

What are the ingredients in XARELTO?

Active ingredient: rivaroxaban

Inactive ingredients: croscarmellose sodium, hypromellose, lactose monohydrate, magnesium stearate, microcrystalline cellulose, and sodium lauryl sulfate.

The proprietary film coating mixture for XARELTO 10 mg tablets is Opadry® Pink, contains: ferric oxide red, hypromellose, polyethylene glycol 3350, and titanium dioxide.

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Revised: December 2011

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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Up the anti

Experts believe that antioxidants may help guard against microscopic particles known as free radicals, a byproduct of energy production in the body. A certain number of free radicals are necessary to help fight disease, but in large amounts they can lead to health problems such as heart disease and cancer. Antioxidants act as the body's snipers, neutralizing surplus free radicals before they have a chance to do any damage.

Studies suggest that antioxidants can do everything from ease menopause symptoms to increase sperm counts in older men, and possibly even ward off dementia and Alzheimer's disease. In short, anything that wears on the body could have something of an antidote in antioxidants.

The body produces antioxidants itself, but they're also found in foods such as poultry, fruit, vegetables and some grains. Carrots, spinach, broccoli, apricots and pink grapefruit are all rich sources. As a general guide, the more brightly or darkly colored the fruit or vegetable, the higher the antioxidant levels.

Media Bakery

Aside from food, numerous products have entered the market boasting increased firepower. The coffee company Green Mountain has a new line of drinks with added antioxidant vitamins, joining beverage companies such as Coca-Cola and Starbucks. Meanwhile, new beauty and skincare products combine an exotic array of natural oils and scientific tinkering, all for the sake of combating those surplus free radicals.

Numerous antioxidant supplements are also available, but their long-term effects are not known. The American Heart Association advises people to avoid them until more studies are done, recommending a diet rich in fruit, vegetables, whole grains, fish, poultry and lean meats as the best way for the body to get all the antioxidants it needs.

New evidence of link between smoking while pregnant and asthma

If you need another reason to quit smoking, consider a new report that says smoking during early pregnancy may boost preschool children's risk of developing asthma, even if they aren't exposed to smoke after birth. The HealthDay report is based on findings published in the *American Journal of Respiratory and Critical Care Medicine*.

The study, which includes data on 735 children exposed to "maternal smoking only during pregnancy," indicates that smoking contributes to asthma development at the fetal stage. In fact, HealthDay notes that "maternal smoking seemed to be riskiest during the first trimester of pregnancy."

Media Bakery

Corbis

EATING STYLE RESULTS

continued from page **12**

If you scored mostly 1s: Your relationship with food feels like a roller-coaster ride. You tend to fluctuate from overly controlling your diet to overindulging.
Tip: By skipping meals or not getting enough to eat during the day, you are setting yourself up to fail. Be sure to eat three proper meals every day, and spread your intake of calories evenly throughout the day.

If you scored mostly 2s: You use food to help you cope. When you feel good, you can control your eating and make healthy choices. But when you feel stressed, angry or sad, you tend to splurge to feel better.
Tip: Identify alternative ways to cope with stress. Choose things you enjoy that don't involve food.

If you scored mostly 3s: You tend to choose the right kinds of foods but have a hard time eating a healthy portion. Your weakness is eating too much in one sitting.
Tip: Read labels and educate yourself on how many calories and fat grams you should be consuming per day – the average woman should consume 1,800 calories and 60 grams of fat, and the average man 2,400 calories and 80 grams of fat.

If you scored mostly 4s: You tend to eat fast and on the run. You don't have time to plan regular meals, and tend to eat too much fast food and prepackaged, processed foods, which sneak in extra calories and fat.
Tip: Plan ahead. If you know you aren't going to have a lot of time to eat during the day, pack meals and snacks the night before.

If you scored mostly 5s: You tend to eat well, and have a healthy attitude toward food.
Tip: Keep doing what you're doing, and remember that moderation is best.

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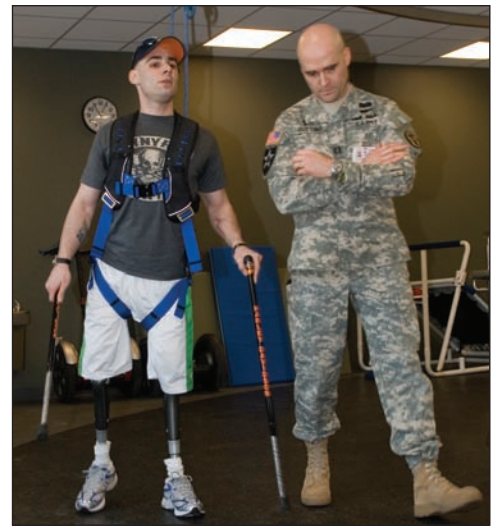
Push to modernize rating system slows

BY TOM PHILPOTT

The Department of Veterans Affairs is more than a year behind schedule in modernizing its disability rating system, and the challenges are so daunting that completing the task is in doubt, congressional auditors say.

VA has been pressured for years to reform its disability rating criteria, most of which were established 65 years ago. The VA Schedule for Rating Disabilities (VASRD), critics have long contended, fails to reflect advances in medical knowledge and technology and needs to capture fresher data on average earnings losses for veterans, on which compensation is based.

Various studies and commissions, particularly after the scandal of neglected recovering warriors at Walter Reed Army Medical Center, deepened interest in modernizing VASRD. In 2009, VA began a comprehensive effort to revise it by incorporating the latest medical information on several major body systems and ordering studies on how disabilities impact earnings.



Noel St. John photo

About 3.4 million veterans draw VA disability compensation for service-connected conditions. Last year, VA paid out $19.4 billion in disability payments. Current payees need not fear a more modern VASRD because, by law, adjustments to the schedule generally cannot result in a reduction of a veteran's rating. Ratings can be raised, however, if a revised VASRD shows that veterans are undercompensated for their conditions.

To date, however, the VASRD revision has been slow, a recent Government Accountability Office report suggests. VA expected to publish final rules for VASRD adjustments for the first set of body systems – mental health, hemic/lymphatic and endocrine – by June 2011. That didn't happen. By July 2012, GAO says, VA still hadn't issued any drafts or final rules on body systems.

VA has conducted public forums for all the body systems, but that is only the first of five phases. And the department "has yet to complete studies for the remaining body systems," auditors said.

As a result, VA has moved its projected completion date for VASRD reform from 2016 to an unspecified future date. One factor for the delay, officials told GAO, is a decision to put greater weight on "functional impairment" for rating disabilities – a significant change in criteria. The current VASRD views disabilities predominately as medical conditions. A modern approach would look at functional ability, because two people with the same impairment might have different degrees of disability, GAO says.

That raises concerns for veterans advocates. Verna Jones, director of The American Legion's Veterans Affairs & Rehabilitation Division, warned a House subcommittee that VASRD shouldn't be changed in ways that slow claims adjudication and add to VA's backlog. And consistency must be a priority, she said. "Just as veterans with identical knee injuries should receive the same rating in Newark, N.J., or Oakland, Calif., active-duty servicemembers with identical injuries should be evaluated equally regardless of whether they serve in the Air Force, Coast Guard, Navy, Army or Marine Corps," Jones added.

VA has also seen long delays in collecting earnings data from the IRS and the Social Security Administration, needed to conduct earnings-loss studies to revise the rating schedule.

GAO recommends that VA use staff rather than outside contractors to do these studies, but concedes that it might not be able to do so anytime soon. Lacking that capacity, "incomplete plans for conducting earnings loss and related studies could jeopardize project outcomes and result in a rating schedule that remains, in the end, outdated."

VA officials did accept some GAO recommendations to improve its capacity to revise the disability rating schedule. Time will tell if it helps.

Tom Philpott, a former Coast Guardsman, has written about veterans and military personnel issues for more than 30 years.

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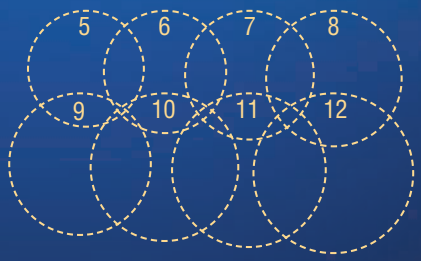

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'All is well, safely rest'

BY JARI VILLANUEVA

On the occasion of Taps' 150th anniversary, the origin of America's most recognizable bugle call is sounded by the song's top expert.

Almost 20 times a day at Arlington National Cemetery, a military ritual occurs that is both familiar and moving. An escort of honor comes to attention and presents arms. A firing party conducts a salute of three volleys. After the briefest of moments, a bugle call sounds. The flag held by members of the honor guard is then folded into a triangle reminiscent of a cocked hat from the American Revolution, and presented to the veteran's next of kin as an expression of gratitude from a grateful nation.

Taps is that bugle call. It may be the most performed piece of music in America, played every day in virtually every corner of the country.

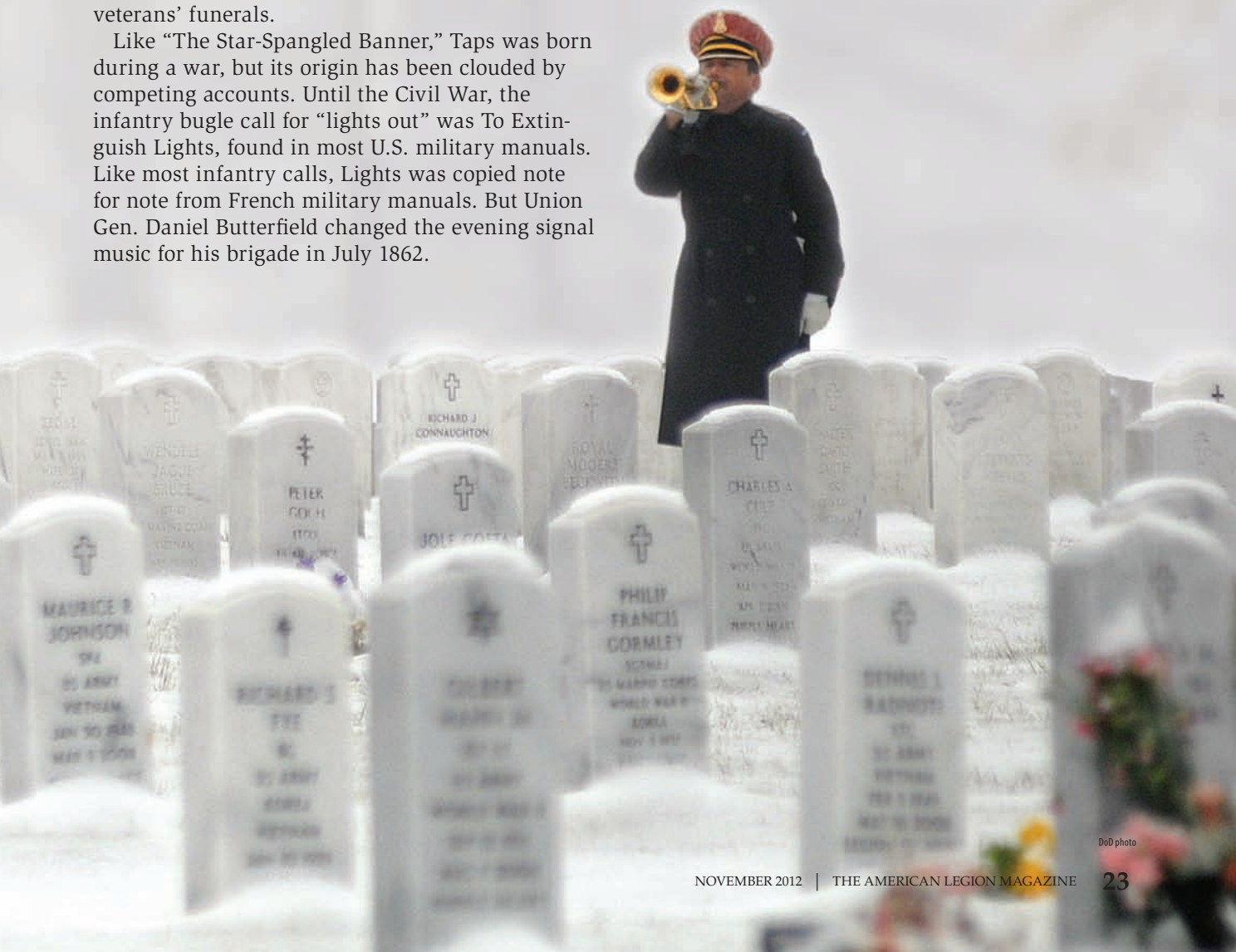
Composed for the bugle and unique to the U.S. military, Taps is sounded at funerals, wreath-layings and memorial services. Its plain but haunting melody consists of just 24 notes, and is usually recognized within the first three. With four different tones and lasting less than a minute, Taps has the power to evoke emotion from the most battle-hardened warrior. The military's only bugle call played slowly throughout, it has the dual purpose of signaling the day's end and serving as musical honors to servicemembers who have died.

Taps has been open to interpretation and arrangement, from solo renditions to echoed versions to accompanied arrangements and various musical settings, and has had many lyrics set to its melody. Its name comes from the three distinct drum taps also used to signal "lights out." It is performed by polished military professionals, school band students and volunteers alike at veterans' funerals.

Like "The Star-Spangled Banner," Taps was born during a war, but its origin has been clouded by competing accounts. Until the Civil War, the infantry bugle call for "lights out" was To Extinguish Lights, found in most U.S. military manuals. Like most infantry calls, Lights was copied note for note from French military manuals. But Union Gen. Daniel Butterfield changed the evening signal music for his brigade in July 1862.

Butterfield felt Lights was too formal to signal day's end. With the help of brigade bugler Oliver Willcox Norton, he wrote Taps while camping at Harrison's Landing in Virginia following the Seven Days' Battles during the Peninsula Campaign.

The account of how Butterfield composed the call surfaced in August 1898 following publication of *The Century Magazine*'s article "The Trumpet in Camp and Battle" by Gustav Kobbé, a music historian and critic. He wrote of Taps, "I have not been able to trace this call to any other service. If it seems probable, it was original with Major Seymour, he has given our army the most beautiful of all trumpet calls." Kobbé was referring to Maj. Truman Seymour, a musician, artist and 1846 West Point graduate who compiled bugle calls for the revised 1874 U.S. Army drill manual written by Maj. Gen. Emory Upton. Since Seymour was responsible for the music in the manual, Kobbé assumed that he had written the call.



DoD photo

Kobbé's article prompted a letter to the magazine from Norton, who claimed that he knew how the call came about and that he was the first to perform it. Norton wrote in a letter dated Aug. 8 that he was the bugler at Butterfield's brigade headquarters at Harrison's Landing. Butterfield sent for Norton, "and showing me some notes on a staff written in pencil on the back of an envelope, asked me to sound them on my bugle. I did this several times, playing the music as written. He changed it somewhat, lengthening some notes and shortening others, but retaining the melody as he first gave it to me."

Butterfield directed Norton to sound Taps thereafter in place of the regulation call. The next day, buglers from neighboring brigades who heard it asked for copies of the music. "I think no general order was issued from army headquarters authorizing the substitution of this for the regulation call, but as each brigade commander exercised his own discretion in such minor matters, the call was gradually taken up through the Army of the Potomac," Norton wrote.

The Century Magazine's editor wrote to Butterfield, who in an Aug. 31 reply recalled "the substantial truth of the statement made by Norton." Butterfield said he could sound bugle calls "as a necessary part of military knowledge and instruction for an officer commanding a regiment or brigade." He had even composed a prelude call for his brigade: Dan, Dan, Dan, Butterfield, Butterfield.

Butterfield wrote, "The call of Taps did not seem to be as smooth, melodious and musical as it should be, and I called in someone who could write music and practiced a change in the call of Taps until I had it suit my ear; and then, as Norton writes, got it to my taste without being able to write music or knowing the technical name of any note, but simply by ear arranged it as Norton describes."

The many articles written about Taps cite this story as the beginning of Butterfield's association with the call. There are, however, some differences in Butterfield's and Norton's versions. Norton says the music given to him by Butterfield was written on an envelope, while Butterfield wrote that he could not read or write music. Also, Butterfield's words seem to suggest that he was not composing a melody in Norton's presence, but actually arranging or revising an existing one.

The roots of Butterfield's new Taps call are found in an early version of the Tattoo call, used by armies to signal troops to prepare for bedtime roll call. This early Tattoo is found in four manuals,

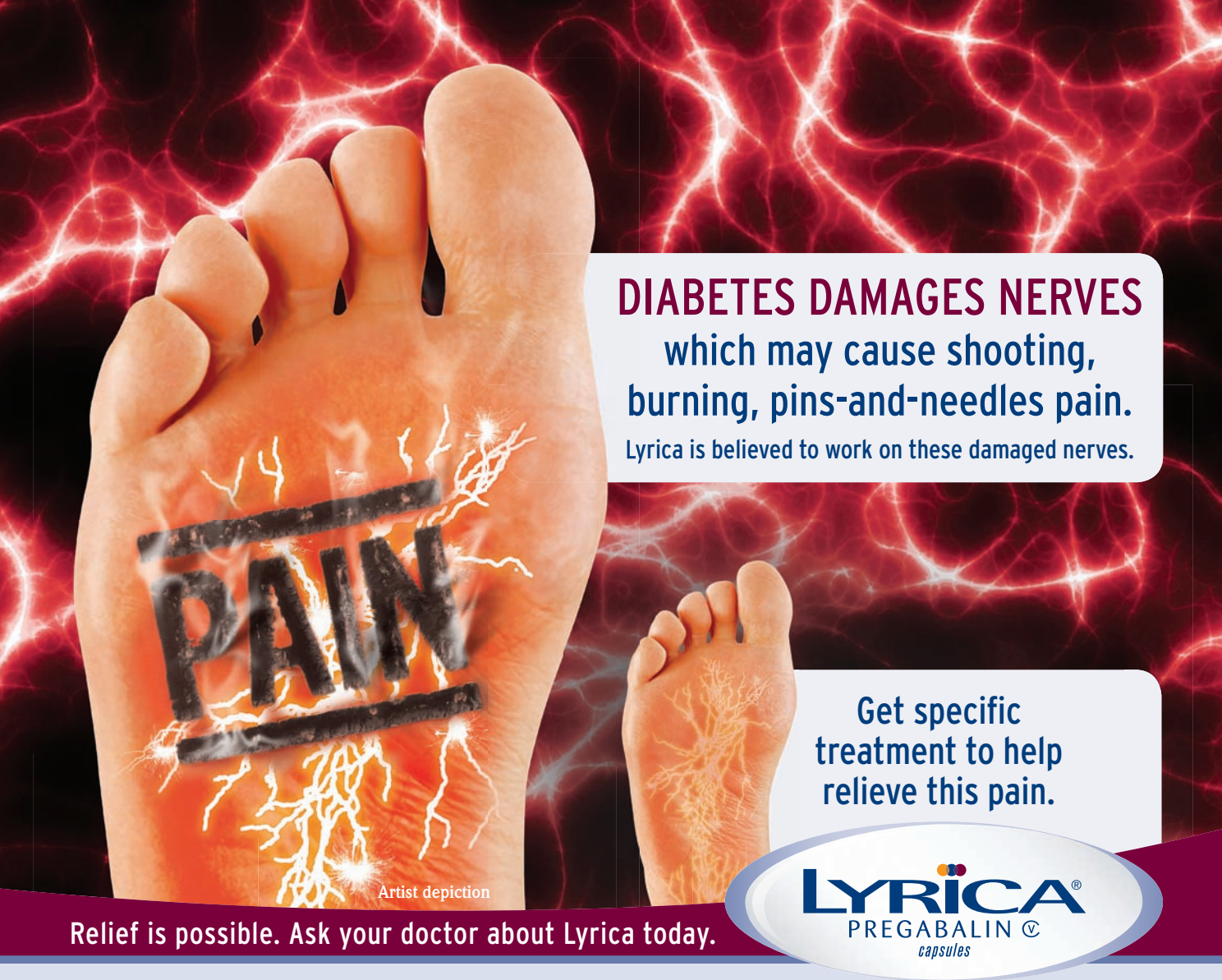
In adapting an earlier bugle call to signal the end of the day, Union Gen. Daniel Butterfield, above, enlisted the help of bugler Oliver Willcox Norton.

from the Winfield Scott manual of 1835 to the William Gilham manual of 1861. The Scott, or 1835, Tattoo was in use until the 1855, or Hardee, Tattoo came into use just before the Civil War. The Hardee Tattoo was sounded throughout the war, replacing the older Scott Tattoo.

Norton's conclusion that Butterfield wrote Taps can be explained by the Hardee Tattoo. Norton most likely sounded that call during the war, followed by To Extinguish Lights, the borrowed French call. It is evident that Norton was not familiar with the 1835 Scott Tattoo, or he would immediately have recognized it that night in Butterfield's tent.

But as a colonel before the war, Butterfield would have been familiar with Scott's "Tactics," and if he was using "Tactics" for drills, then it is feasible that he would have known and used the bugle calls as set in the manual. Close examination shows a striking resemblance between the 24 notes of Taps and the last few measures of the Scott Tattoo, and Norton's statement about Butterfield changing notes suggests that this is exactly what happened to turn the earlier call into Taps.

Interestingly, Butterfield's brigade prelude call – Dan, Dan, Dan, Butterfield, Butterfield – shares a



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- Suicidal thoughts or actions
- Unusual changes in mood or behavior

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LYRICA may cause swelling of your hands, legs and feet.
This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.
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- Have abused prescription medicines, street drugs or alcohol in the past
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Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements.
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- See "Important Safety Information About LYRICA."
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- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

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- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
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- Start any new medicines without first talking to your doctor.

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closeness to Taps evident in its last two measures, which resemble the third measure of Taps.

Several stories purport to tell the origin of Taps. One frequently circulated is that of a Union captain named Ellicombe who found his wounded Confederate son on a battlefield with the music to Taps in the son's pocket. That tale dates from the late 1940s and is attributed to Robert Ripley of "Ripley's Believe It or Not!"

The earliest official reference to the mandatory use of Taps at military funerals is found in the "U.S. Army Infantry Drill Regulations" for 1891, although it had doubtless been used unofficially long before that under its former designation, To Extinguish Lights. Its first known use at a funeral occurred during the 1862 Peninsula Campaign for a member of Capt. John C. Tidball's Battery A, 2nd U.S. Artillery. Since the enemy was close, Tidball realized that it was unsafe to fire the customary volleys and possibly renew the fighting. It occurred to him that the sounding of Taps would be the most appropriate substitute.

That first sounding is commemorated in a stained-glass window in the Chapel of the Centurion at Fort Monroe, Va. The place where Taps was born – Berkeley Plantation, site of Harrison's Landing – is also commemorated by a monument erected by The American Legion Department of Virginia and dedicated on July 4, 1969. It was recently rededicated to mark the 150th anniversary of the call.

While still sounded every evening at military bases to signal that "day is done," the notes of Taps have become part of our national conscience. In the words of the bugler Norton, "There is something singularly beautiful and appropriate in the music of this wonderful call. Its strains are melancholy, yet full of rest and peace. Its echoes linger in the heart long after its tones have ceased to vibrate in the air."

Jari Villanueva is the nation's foremost authority on military bugle calls, particularly Taps. During his 23 years with the U.S. Air Force Band in Washington, he participated in more than 5,000 ceremonies at Arlington National Cemetery. He is a member of Dewey Lohman American Legion Post 109 in Arbutus, Md.

Learn more about Taps' history at Villanueva's website and blog:

www.tapsbugler.com

Jari Villanueva learned to play Taps as a Boy Scout bugler before enrolling at Kent State University and the Peabody Conservatory. He went on to become a ceremonial trumpeter in the Air Force and curator of the Taps exhibit at Arlington National Cemetery. "This has been a love of mine ever since I can remember," he says. Noel St. John photo

'WITH SO LITTLE, IT SAYS SO MUCH'

On July 4, 1969, in observance of the 50th anniversary of The American Legion's founding, Virginia Legionnaires gave their state – and the nation – the only monument dedicated to the military bugle call known as Taps.

Virginia Gov. Mills Godwin and American Legion National Commander William Doyle presided over a dedication ceremony at Berkeley Plantation in Charles City, on the knoll where Union Gen. Daniel Butterfield's tent stood in July 1862.

"Taps signifies to the military man that 'day is done' and is the military's final salute to those who have served," Doyle said. "It might be called music's Gettysburg Address, for with so little it says so much."

In June, Berkeley Plantation hosted a celebration commemorating Taps' 150th anniversary, including a rededication of the monument. TAPS 150, the organization sponsoring the Berkeley event, raised money for a monument renovation, landscaping, and a speaker system that plays a recording of Taps historian Jari Villanueva sounding the call on a Civil War bugle.

Villanueva says that Taps' 150th year would be made especially meaningful with official recognition by Congress. The House's defense authorization bill contains a provision sought by Rep. Tom Reed, R-N.Y., designating Taps as the national song of remembrance.

A SIMPLE AGENDA

In a heated election year, the Legion's priorities remain veterans, defense and youth.

STORY BY STEVE B. BROOKS, PHOTOS BY ELDON LINDSAY, TOM STRATTMAN AND AMY C. ELLIOTT

Speaking to thousands of delegates to the 94th National Convention in Indianapolis, outgoing National Commander Fang A. Wong urged veterans to go to the polls on Nov. 6.

"As American citizens, and especially as Legionnaires, we have a duty to vote," Wong said. "Many men and women – indeed, our comrades – have died to protect this right. We choose no sides, endorse no candidates and support no political parties. We have Republicans, Democrats and independents in our ranks and in our leadership. Our founders were adamant that The American Legion be nonpartisan. Our agenda is simple: take care of veterans, national defense, our youth and America."

Both presidential candidates addressed the convention: President Barack Obama via taped address and Republican Mitt Romney in person.

"I'm proud of what we've achieved together," Obama said. "Historic increases in the VA budget. Advanced appropriations to protect veterans health care. New support for our wounded warriors and their caregivers. New commitments to tackle the claims backlog, confront the epidemic of suicide among our troops and veterans, and end the tragedy of homelessness among veterans. And for Vietnam veterans, we secured billions of dollars in disability pay for your exposure to Agent Orange."

Romney pledged, if elected, to take care of veterans and the military.

"The first job of government is to keep the American people safe – and as president, that will be my commitment to the American people," Romney told a packed hall in the Indiana Convention Center. "But our military strength depends on our economic strength. The well-being of our veterans depends on our ability to make sure they can find good jobs when they come home. And our ability to field the strongest fighting force in the world depends on leaders in Washington who know how to set priorities, write real budgets, and protect our soldiers and their families from devastating cuts."

Legionnaires also heard from VA Secretary Eric Shinseki, high-ranking military officers, and the heads of Boy Scouts of America and USAA. Donations to the Legacy Run Home topped $709,000, while the National Emergency Fund ($131,000), Operation Comfort Warriors ($26,000) and the Child Welfare Foundation ($59,600) all received large contributions. Sons of The American Legion raised more than $44,000 for CWF during its convention.

Delegates bestowed a rare honor on longtime Department of New York Adjutant Richard Pedro, unanimously electing him an honorary past national commander.

"I am absolutely floored," Pedro said. "The American Legion is a great organization. I am honored and proud to be a part of it."

'FAR BETTER POSITIONED TO WIN'

At the Legion's first-ever National Security Symposium on Aug. 27, a group of defense experts warned that lawmakers put America at risk when they rush to judgment in matters of declaring war and slashing defense spending. Former House Armed Services Chairman Ike Skelton said that the massive across-the-board defense cuts known as sequestration are dangerous at a time when potential enemies pose new threats. And Lt. Col. Joseph Gallagher III, a former F/A-18 Hornet pilot in the Marines, argued that Congress has abdicated its constitutional power to declare war in favor of ill-conceived, poorly planned and hastily executed military adventures directed by presidents. "If this nation declared war when it engaged in war, as the Constitution requires, the United States would wage fewer of them – and be far better positioned to win them," Gallagher said.

'YOU ARE WITH FAMILY NOW'

Dan Hoffman, president of the Koh Tang/*Mayaguez* Veterans Organization, told the convention the story of the Vietnam War's last battle, and about the resulting struggle with PTSD that nearly took his life. As he considered suicide and faced the end of his first marriage, Hoffman sought treatment from VA at a friend's insistence. Years later, he reunited with others who survived the *Mayaguez* operation, and they formed the Koh Tang Beach Club – named for the island off Cambodia where they fought for 14 hours until their rescue by helicopter pilots on the night of May 15, 1975. Hoffman called to the stage five of his fellow Koh Tang Beach Club members – Larry Barnett, Tom Noble, Bob Blough, Al Bailey and Fred Morris – and outgoing National Commander Fang A. Wong presented each man with a Legion cap. "You are with family now, today and forever," he told them.

"There are plenty of places to cut in a federal budget that now totals well over $3 trillion, but defense is not one of them."

Mitt Romney, GOP presidential candidate, who vowed to protect the U.S. military from devastating cuts if elected. Romney also told Legionnaires that he would increase VA mental health staff, allow veterans to see TRICARE providers at VA's expense and get America's veterans working again.

"Today, every American can be proud that the United States is safer, stronger and more respected in the world. Even as we end today's wars, we need to keep upholding that sacred trust, to take care of you, veterans, as well as you've taken care of us."

President Barack Obama, speaking to convention delegates in a video address. Obama thanked The American Legion for its role in achieving historic increases in VA's budget, advanced appropriations to protect veterans health care, and greater support for wounded warriors and their caregivers.

"No one is standing at parade rest. As we pushed 2.9 million claims out the door, 3.5 million came in ... this is a big numbers operation."

VA Secretary Eric Shinseki, explaining that most of today's backlogged claims aren't even a year old. An increased budget of $140.3 billion will help VA focus on three priorities: expanding veterans' access to benefits, eliminating the claims backlog and ending veterans homelessness by 2015.

See videos of top speakers from the 94th National Convention:
www.legion.org/legiontv, **National Convention playlist**

"I joined this organization the day I got home from the Navy in 1947. I've been a continuous member ever since. This is probably the greatest honor bestowed on a Legionnaire ... I can't tell you how pleased and happy I am that you would take this time to honor me, a little old country boy from upstate New York."

Richard Pedro, Department of New York adjutant, who is the 11th person to be named a past national commander of The American Legion after delegates unanimously passed a resolution conferring the title. He joins New Yorkers Theodore Roosevelt Jr. and Hamilton Fish in receiving the honor. "We know that you will continue to serve The American Legion," said National Executive Committeeman Jerry Hedrick, presenting Pedro's plaque, "and all of us will continue to be far better because of it."

VISIT TO MUSCATATUCK

Members of the National Security and Foreign Relations commissions toured the Indiana National Guard's Muscatatuck Urban Training Center on Aug. 24. With nearly 200 buildings – including a hospital, prison and aircraft field – the compound is ideal for preparing Navy SEALs, police officers, SWAT teams and first responders. Muscatatuck is also home to the National Guard Patriot Academy, which faces closure in December. The academy allows high school dropouts to join the Guard, earn their diplomas and continue serving. The National Security Commission plans to draft a resolution urging Congress to continue funding the school.

KEY RESOLUTIONS OF THE 94TH NATIONAL CONVENTION

AMERICANISM

269 Return patriotic holidays to traditional dates

270 Use of English language in naturalization ceremonies

272 Supports constitutional amendment permitting Congress to prohibit physical desecration of the U.S. flag

273 Opposes importation of foreign-made U.S. flags

274 Opposes giving conscientious objectors a voice in diverting monies from military spending

277 Opposes changes to Oath of Renunciation and Allegiance and supports measures to prevent dual citizenship

278 Restore long-standing policies of cooperation between DoD and Boy Scouts of America

279 Supports the Pledge of Allegiance

CHILDREN & YOUTH

253 Opposes all efforts to undermine, alter or otherwise corrupt the institution of marriage

256 Supports efforts to immunize all children

258 Fund drug-trafficking prevention programs

264 Supports adequate funding for National School Lunch Program

265 Urges president and Congress to establish National Family Week

266 Supports legislation aimed at improving services for children living in foster homes

ECONOMIC

301 Eliminate delimiting dates for Montgomery GI Bill and Post-9/11 GI Bill

316 Opposes transfer of Veterans' Employment and Training Service (VETS) to VA

330 Supports veterans preference in government hiring

FOREIGN RELATIONS

78 Supports full funding to account for missing U.S. servicemembers from nation's wars

81 Supports efforts to use every avenue available through the World Trade Organization and the International Court of Justice to pursue U.S. claims for fair trade practices

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NEVER TOO LATE TO PAY TRIBUTE

The American Legion distributed thousands of presidential proclamations to Vietnam veterans during the convention, as part of the nation's commemoration of the Vietnam War's 50th anniversary. The program began on Memorial Day and continues through 2025. Signed by President Obama on May 25, the proclamation calls for federal, state and local governments to work with private organizations and communities to honor the men and women who answered America's call to duty. "This proclamation is another sign that the veterans of the '60s and '70s are starting to be thanked for what they did in service to their country," said John Moffitt, a Vietnam War Army veteran and member of American Legion Post 79 in Arizona.

"They welcomed the most basic and esteemed responsibility of a citizen: the defense of country. Men and women of their spirit know no other way."

Marine Lt. Gen. John Kelly, senior military assistant to Defense Secretary Leon Panetta, on the young people serving in today's military. Calling them "the best of the best of their generation," he declared that the United States remains "mankind's best hope" and will prevail in the war on terror.

"This is a chance to turn the pages of history back to right a wrong."

Retired Army Lt. Gen. Claude Kicklighter, director of the Vietnam War 50th Anniversary Commemoration, on DoD's 13-year program to thank Vietnam veterans. He added that all veterans will be honored at events, including those who fought in Iraq and Afghanistan. "What happened to the Vietnam veterans will not happen to them," Kicklighter told the convention.

KEY RESOLUTIONS OF THE 94TH NATIONAL CONVENTION

91 Supports efforts to provide aid to the Canadian and Mexican governments to secure their borders from drug trafficking

INTERNAL AFFAIRS

1 Bestow upon Richard M. Pedro title of past national commander

NATIONAL SECURITY

14 Airport courtesies to U.S. military personnel in uniform

15 Authorize TRICARE for reserve components and dependents

19 Supports strict enforcement of existing immigration laws

20 Grant access to all U.S. military facilities to military retirees and dependents

22 Include chiropractic care for TRICARE enrollees

24 Opposes proposed hikes in TRICARE fees, deductibles and premiums

25 Prohibit foreign investments in U.S. defense industry

26 Reference veterans service organizations at discharge

32 Supports U.S. blood banks

60 Proper handling of military remains

61 Cease all efforts to reduce defense funding from current levels

67 Supports adequate funding of American Battle Monuments Commission

141 Supports reform of military voting system

142 Supports legislation amending the Selective Service program to include the mandatory registration of females

144 Calls on president to identify national interests before committing military forces to hostile action

145 Supports domestic energy production

146 Supports fight against cyberspace warfare threats

147 Supports research and funding for alternative energy resources

149 Urges Congress to require government contractors to buy American

151 Supports non-federal roles of National Guard units

152 Supports strengthening and expanding U.S. military capabilities through unmanned vehicles

154 Supports national missile defense system

167 Supports full funding for NASA

283 Amend Stolen Valor Act

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OPERATION COMFORT WARRIORS VISITS ROUDEBUSH VA MEDICAL CENTER

Legionnaires treated patients at Indianapolis' Roudebush VA Medical Center to Amazon gift cards, clothes and toiletries on Aug. 27, as part of the Legion's Operation Comfort Warriors (OCW) program. OCW provides recovering warriors with items not usually supplied by the government, and has received nearly $1 million in donations since 2006. These efforts are in line with the patient-centered care promoted at Roudebush and other VA facilities, says Jacob Gadd, the Legion's deputy director for health care. "Regaining good health is, of course, a key goal, but the medical staff at Roudebush also pays attention to a patient's other needs – emotional, social, and making their immediate environment more comfortable," he adds. "That's an area where we can help."

FIFTH THIRD DONATES $10,000 TO OCW

In a generous gesture of appreciation for the nation's veterans, Fifth Third Bank donated $10,000 to the Legion's OCW program during the convention. Brian Hipskind, executive vice president of Fifth Third Bank in Central Indiana, thanked Legionnaires for their continuous support of veterans in their communities. OCW's administrative and marketing costs are covered by the Legion, meaning that 100 percent of donated funds go directly to purchasing comfort items for troops.

"We challenge young people to become the very best they're capable of becoming, and we do it in a physical way, in God's great outdoors."

Bob Mazzuca, chief executive of Boy Scouts of America, who said the Legion's support for Scouting helps combat physical inactivity among kids and instill values such as service, duty to God and country, and leadership with integrity

KEY RESOLUTIONS OF THE 94TH NATIONAL CONVENTION

VETERANS AFFAIRS & REHABILITATION

100 Opposes federal legislation requiring accredited American Legion representatives to develop claims directly on behalf of VA

102 Supports development of Community-Based Outpatient Clinics (CBOCs)

107 Urges recognition of operations in Lebanon, Grenada and Panama as periods of war for VA pension purposes

117 Seeks legislation to establish Feb. 28, 1961, as the beginning date of the Vietnam War for VA benefits purposes

126 Urges Congress to ensure that veterans benefits are provided equitably and consistently for all veterans from all eras and conflicts

132 Supports consolidation of inspections by VA and Centers for Medicare and Medicaid Services of state veterans homes

133 Supports Medicare reimbursement for VA

174 Extend filing period of appeal notice to the Court of Veteran Appeals for Veterans Claims

193 Supports legislation allowing VA to provide interim, nonrefundable benefits for pending claims over 90 days

200 Exempt VA benefits and services from pay-as-you-go provisions

222 Extend eligibility for National Cemetery Administration headstone medallions

225 Supports legislation mandating that the U.S. Census Bureau include military service data

226 Supports legislation to allow VA to grant an automatic waiver for overpayments of $300 or less if the claimant requests one

234 Opposes lump-sum payments of VA disability compensation

237 Supports legislation for veterans urn markers

286 Urges Congress and the administration to include VA in Department of Homeland Security strategic planning

The full text of all resolutions passed at the 94th National Convention is available in the Legion's Digital Archive:

archive.legion.org, click on "Resolutions"

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2012 AWARD RECIPIENTS

National Recruiter of the Year
Frank Carr
Bruce-Walker Post 99, Department of Virginia

National Law Enforcement Officer of the Year
Police Chief Paul Doucette
Bennington, Vt., Police Department

National Firefighter of the Year
Lt. Tom Christensen
Waukegan, Ill., Fire Department

Ralph T. O'Neill Education Trophy
For showing the greatest activity in use of The American Legion School Medal Awards
Department of Hawaii

Daniel J. O'Connor Americanism Trophy
For conducting the best all-around Americanism activities
Department of Virginia

Consolidated Post Report Winners
Departments of Arizona, Florida, Missouri, Montana, Nebraska, Oregon, Pennsylvania, Rhode Island, Vermont, Virginia, West Virginia, Wisconsin and Wyoming

Frank N. Belgrano Jr. Trophy
For support of Boy Scouts
Department of North Carolina

Fourth Estate Award for Outstanding Journalism
PRINT
Pittsburgh Tribune-Review
BROADCAST
KLRT-TV
Little Rock, Ark.
NEW MEDIA
Alex Quade, The Daily Caller

Employer of the Year
For companies and businesses dedicated to hiring veterans
SMALL BUSINESS
Burditt Trucking
Columbus, Ga.
MID-SIZED BUSINESS
Alpha Protective Services
Spring Lake, N.C.
LARGE BUSINESS
Smith & Wesson
Springfield, Mass.

Employer of the Disabled Award
Nancy L. Smith
Lufkin, Texas

Employer of Older Workers Award
Burditt Trucking
Columbus, Ga.

Homeless Veterans Outreach Award
Department of Oregon American Legion family

Outstanding Local Employment Office of the Year
Workforce Solutions Panhandle Office 0601
Amarillo, Texas

Local Veterans Employment Representative of the Year
Anthony Medina
Denver

O.L. Bodenhamer Trophy
No. 1 in membership at June 14 report
Department of Florida

Outstanding Disabled Veteran Outreach Program Specialist of the Year
Willetta E. Hilliard-Walker
Huntsville, Ala.

William F. Lenker National Service Trophy
For best supporting and implementing programs to benefit veterans and their families
Department of Florida

U.S. "Udie" Grant Legacy Award
Based on combined total donations of American Legion family to the Child Welfare Foundation
Department of Ohio

Garland D. Murphy Jr. Award
Based on actual contributions received during the 2011-2012 American Legion Child Welfare Foundation year
Department of Ohio

Color Guard Contest
MILITARY CLASS
Memorial Post 196
Bloomfield, Ind.
OPEN CLASS
Eagles Elite Color Guard, Unit 564
Worden, Ill.
MILITARY OPEN CLASS
Harrisburg Post 472
Houston
ADVANCING/RETRIEVING COLORS
Harrisburg Post 472
Houston

Concert Band Contest
Band of the Tonawandas
Tonawanda, N.Y.

See video interviews with the National Firefighter of the Year and the National Law Enforcement Officer of the Year:
www.legion.org/legiontv, **National Convention playlist**

SPIRIT OF SERVICE AWARD WINNERS

ARMY
Sgt. Joshua J. Boudreaux

NAVY
Petty Officer 2nd Class Alvin Balthazar

MARINE CORPS
Sgt. Juan M. Vallejomunoz

AIR FORCE
Staff Sgt. Chris T. Pearson

COAST GUARD
Petty Officer 2nd Class Tyler J. Arrowood

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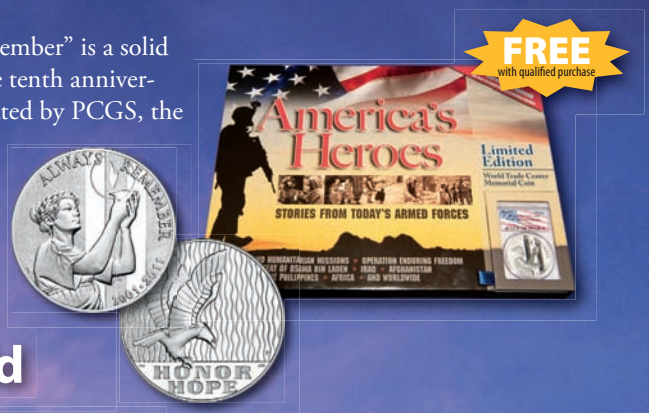

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Rebecca Frazer
Morgantown, Ind.

EAGLE SCOUT OF THE YEAR
Jason Dreyzehner
Abingdon, Va.

JUNIOR SHOOTING SPORTS SPORTER CHAMPION
Cody Sanchez
Los Lunas, N.M.

PRECISION CHAMPION
Colt Gross
North Augusta, S.C.

BOYS NATION PRESIDENT
Jonathan Hess
Tuscaloosa, Ala.

2011 BASEBALL PLAYER OF THE YEAR
Blake Schmit
Eden Prairie, Minn.

"Much of what has been identified as decline is actually a sign of how successful the United States has been at exporting our political ideals and our economic systems. The United States has been the main author of a gradual and global transformation that is miraculous and unprecedented but also uncertain and sometimes messy."

Sen. Richard Lugar, Distinguished Service Medal recipient, who assured Legionnaires that despite today's economic and geopolitical challenges, America remains the nation "with the best hand to play and the one most capable of adapting to changing conditions." A former Navy lieutenant and Indiana's longest-serving senator, Lugar received The American Legion's highest award in part for his work to reduce the threat of chemical, biological and nuclear weapons. He accepted the honor by thanking the Legion for its counsel and advice during his time in Washington.

PATRIOT AWARD

Ike Skelton

Presenting Skelton with the Legion's Patriot Award, outgoing National Commander Fang A. Wong said the former Missouri congressman "has always been for us through his 34 years of service," backing the Legion's call for strong defense, care for veterans and flag protection. "I wish that my father, who was commander of the George Thomas Cullom post in Lexington, Mo., was here," Skelton said. "As some of you may know, two of my sons serve in the active military – one in the Navy and one in the Army. I wish they were here today, too. They make me proud."

JAMES V. DAY "GOOD GUY" AWARD

Max Schumacher

The president of the Indianapolis Indians baseball team is the Legion's newest "Good Guy." A member of Post 777, he joins baseball luminaries Lefty Gomez, Mickey Lee Tettleton, Tommy Lasorda, Rick Monday, former Sen. Jim Bunning and MLB Commissioner Bud Selig in receiving the honor. Presenting the award, Past National Commander Robert Spanogle called Schumacher "an icon – a great community leader in Indianapolis, Marion County, the state of Indiana and nationwide."

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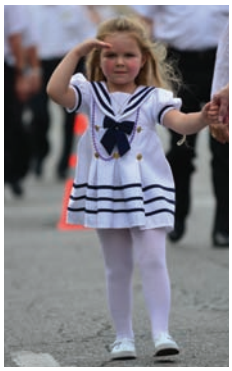

A PERFECT DAY FOR A PARADE

The American Legion Riders led this year's convention parade, which included all 55 Legion departments, the contest-winning Band of the Tonawandas, local high school marching bands, the Budweiser Clydesdales, the Indianapolis Metropolitan Police Motorcycle Drill Team and the Indiana National Guard's 38th Infantry Division Band. Maj. Gen. R. Martin Umbarger, adjutant general of the Indiana Guard, served as grand marshal, and Past National Commander Jimmie Foster was honorary grand marshal.

Phil Hearlson, a past department commander from Florida, marches in the parade every year for one reason. "I think we need to say 'thank you' to our veterans – past, present and future," he said. "It's good that we get out here and promote The American Legion and our mission."

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Dennis Crystal, Troy, MT (Retired Airline Pilot)

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Gloria D. Smith, Boydton, VA (Retired Elementary Principal)

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Richard Karn,
North Canton, Ohio

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And now you can save up to $192 on new EdenPURE® models, our biggest savings ever, on heaters I personally rank #1 in North America.

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American Labor, American Quality

With over 3 million portable heaters sold EdenPURE® is the best selling portable infrared heating system in North America. However, like any classic, EdenPURE® has dozens of would-be competitors who create Asian copies at low prices using cheap, foreign labor. Don't be fooled by these imitations. Look for the EdenPURE® logo and the Made in North Canton, Ohio stamp. Save like millions of others on your heating bills and say "NO" to cheap foreign imitators.

Save up to 49% on 2013 EdenPURE®s

Now readers can save up to 49% ($192 the largest savings ever on new EdenPURE®s). EdenPURE® is not just the best-selling portable heating system in North America. As an EdenPURE® owner I rank EdenPURE® #1 for quality, safety and efficiency. And now is the perfect time to save like never before on our expanded 2013 EdenPURE® line made in our brand new North Canton, Ohio facility.

Stay Comfortable 365 Days a Year

"Never be cold again" is the EdenPURE® promise. EdenPURE® provides you insurance against the cold all year long. Stay comfortable on those unseasonably chilly evenings no matter the season. I live in California but believe me it gets cold at night. Keep your expensive furnace turned down until it's absolutely necessary. And if we are fortunate enough to experience a mild winter as many of us did in the Midwest last year, you keep your furnace off all season and save even bigger.

Never be cold again

As Al Borland on Home Improvement I was the man with all the answers. However, as Richard Karn I still look for money saving and efficient heating in my home. I have an EdenPURE® Infrared Portable Heater in my California home and like millions of others found it to be a super-safe, reliable source of portable heat all year long.

New, More Efficient Models

The engineers at EdenPURE® listened to their millions of customers and somehow managed to improve the #1 portable heater in North America. Through old fashioned American ingenuity the new EdenPURE® line is more efficient to save you even more money.

The EdenPURE® Personal Heater now heats a larger area, an increase from 350 square feet to 500 square feet. That's a 30% increase in efficiency! That's American engineering at its best!

We all know heating costs are expected to remain at record levels. The cost of heating our homes and apartments will continue to be a significant burden on the family budget. The EdenPURE® can cut your heating bills and pay for itself in a matter of weeks, and then start putting a great deal of extra money in your pocket after that.

Super Safe Infrared Heat

Now remember, a major cause of residential fires in the United States is carelessness and faulty portable heaters. The choice of fire and safety professional, Captain Mike Hornby, the EdenPURE® has no exposed heating elements that can cause a fire. And a redundant home protection system that simply shuts the EdenPURE® down if it senses danger. That's why grandparents and parents love the EdenPURE®.

The outside of the EdenPURE® only gets warm to the touch so that it will not burn children or pets. And your pet may be just like my dog who has reserved a favorite spot near the EdenPURE®. You see the EdenPURE® uses infrared heat. And just as pets enjoy basking in a beam of sunlight they try to stay close to EdenPURE®'s "bone-warming" infrared heat.

The Health Secret is in the Copper

EdenPURE®'s engineers have taken the original concept through revolutionary changes. EdenFLOW™ technology uses copper heating chambers to take the energy provided by our special SYLVANIA infrared bulbs and distribute our famous soft heat evenly throughout the room.

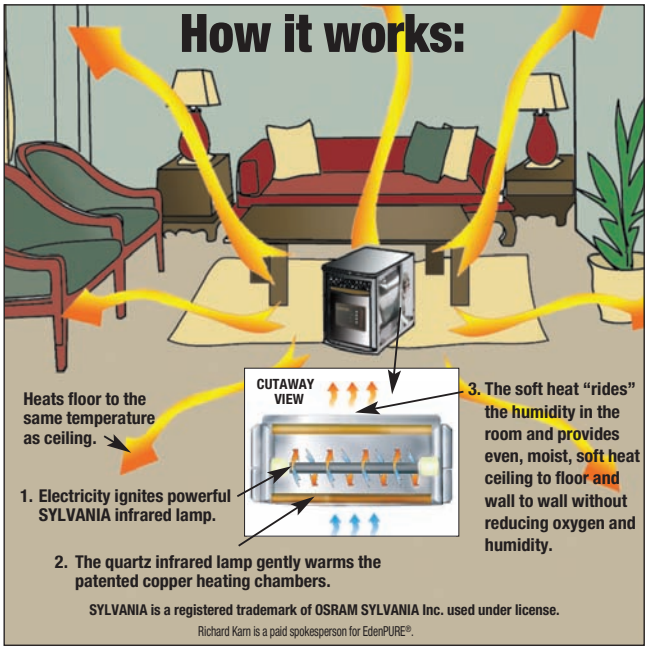
Now our copper isn't ordinary. It's 99.9% pure antimicrobial copper from an over 150 year old American owned company in Pennsylvania. Researchers have discovered copper as an antimicrobial is far more effective than stainless steel or even silver. That's why our special antimicrobial copper is marked Cu+ and used in hospitals on touch surfaces. So your EdenPURE® heater is continuously pushing soft, healthy, infrared heat throughout your room.

How to Order

During our 2013 introduction you are eligible for a $175 DISCOUNT PLUS FREE SHIPPING AND HANDLING FOR A TOTAL SAVINGS OF $192 ON THE EDENPURE® PERSONAL HEATER.

This special offer expires in 10 days. If you order after that we reserve the right to accept or reject order requests at the discounted price. See my attached savings Coupon to take advantage of this opportunity.

The made in North Canton, Ohio EdenPURE® carries a 60-day, unconditional no-risk guarantee. If you are not totally satisfied, return it at our expense and your purchase price will be refunded. No questions asked. There is also a 3 year warranty on all parts and labor.



RICHARD KARN'S SAVINGS COUPON

The price of the EdenPURE® Personal Heater is $372 plus $17 shipping, but, with this savings coupon you will receive a $175 discount on the Personal Heater with free shipping and be able to get the Personal Heater delivered for only $197.

The Personal Heater has an optional remote control for only $12.

Check below the number you want (limit 3 per customer)

☐ Personal Heater, number _____

☐ Optional Personal Heater Remote $12, number _____

- To order by phone, call TOLL FREE **1-800-856-8998 Offer Code EHS6458**. Place your order by using your credit card. Operators are on duty Monday - Friday 6am - 3am, Saturday 7am - 12 Midnight and Sunday 7am - 11pm, EST.
- To order online, visit **www.edenpure.com** enter **Offer Code EHS6458**
- To order by mail, by check or credit card, fill out and mail in this coupon.

This product carries a 60-day satisfaction guarantee. If you are not totally satisfied return at our expense, and your purchase price will be refunded – no questions asked. There is also a three year warranty.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

Check below to get discount:

☐ I am ordering within 10 days, therefore I get a $175 discount plus Free shipping and my price is only $197 for the Personal Heater.

☐ I am ordering past 10 days, therefore I pay full price for the Personal Heater plus shipping and handling.

Enclosed is $_____ in: ☐ Check ☐ Money Order

(Make check payable to EdenPURE®) or charge my:

☐ VISA ☐ MasterCard ☐ Am. Exp./Optima ☐ Discover/Novus

Account No. _____

Exp. Date _____/_____

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Offer Code EHS6458
7800 Whipple Ave. N.W.
Canton, OH 44767

All of the testimonials are by actual EdenPURE® customers who volunteered their stories, and were given another EdenPURE® heater as thanks for their participation. Average homeowners save 10% to 25%.

KOUTZ ELECTED NATIONAL COMMANDER

James E. Koutz of the Department of Indiana was unanimously elected national commander of The American Legion on Aug. 30. He is a life member of Boonville, Ind., Post 200. Sworn in by Past National Commander Joe Frank, Koutz told delegates that his fundraising efforts will focus on Operation Comfort Warriors.

"Every one of us has a role to play in this operation," said Koutz, a Vietnam War Army veteran. "Don't you wish there had been an Operation Comfort Warriors when you came home? We can't undo the past, but we can see that it is not repeated."

Chris Huntzinger of Harrisburg, Pa., was elected national commander of Sons of The American Legion. Peggy Thomas of Richmond, Va., was elected national president of the American Legion Auxiliary.

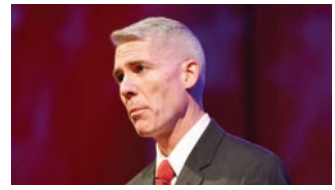
MORE CONVENTION COVERAGE

Stories, photos and videos from the 94th National Convention are online. ***www.legion.org/convention***

Tim Felt
The longtime oil executive and West Point alumnus applauds the Legion's support for the Keystone XL pipeline, saying that it will provide jobs for veterans and reduce America's dependence on foreign oil.

Dan Cherry
The retired Air Force brigadier general tells the story of how he met and befriended an enemy pilot he shot down in Vietnam in 1972.

Joe Robles
USAA's president and CEO says that an investment in the men and women of the U.S. military is an investment in America.



Lt. Col. Joseph Gallagher III
The senior U.S. military observer for the U.N. Truce Supervision Organization explains how America's founders established a collaborative process to assess the political value of war.

CAREER FAIR AND TRANSITION WORKSHOP

On Aug. 24, the Legion's Economic Commission hosted a Veterans Transition Workshop, where General Electric's human resources personnel met one on one with 50 veterans to offer tips on résumé writing, interviewing, and translating military experience into civilian terms. The next day, servicemembers and veterans attended a career fair coordinated by the Economic Division as part of the U.S. Chamber of Commerce's Hiring Our Heroes initiative to get veterans into the workforce.

The Economic Division also sponsored a series of roundtable discussions, inviting experts to speak about the latest efforts to license and credential veterans, instruct veterans on how to make the best use of their education benefits, and eliminate veterans homelessness.

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Telephone ( ) Email
(Required for Processing)

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City State ZIP

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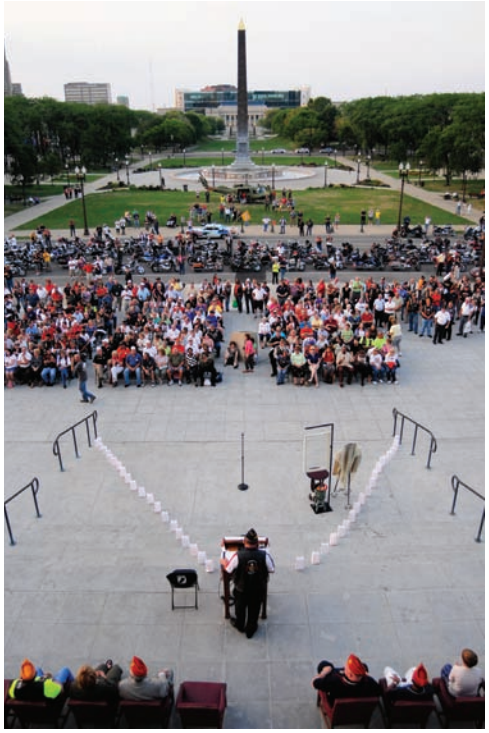
LEGACY RUN SETS NEW RECORD

Donations are still coming in, but the Legacy Run Home has raised more than $709,000, pushing the Legion Riders' total contribution to the Legacy Scholarship Fund over $3 million since 2006. This year's top donors include South Carolina ($56,925), Minnesota ($40,550) and Florida ($36,903), and Converse, Texas, Post 593's Legion Riders ($25,051).



CANDLELIGHT TRIBUTE AND NIGHT RIDE

Two Legacy Scholarship recipients thanked the Legion for its support during a candlelight celebration at the Indiana War Memorial on Aug. 25. Jennifer Clapp and Taylor Curry, whose fathers died while serving on active duty in the years after 9/11, said the generosity of the Legion – and the Legion Riders, specifically – helped make higher education possible for them.

Following the ceremony, dozens of Legion Riders took to the streets of Indianapolis for a night ride.

INAUGURAL RIDERS EXPO A SUCCESS

The first American Legion Riders Expo began with a lap around the Indianapolis Motor Speedway, followed by two days of skills training, charity rides to benefit Roudebush VA Medical Center and Riley Hospital for Children, and a Q-and-A session about community service and fundraising. The American Legion Riders Ad Hoc Committee offered tips on post relations, promotion and building a successful Riders program.

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America's First Silver

Own the Dollar that helped Win America's Independence!

Most Americans would expect to see an authentic Revolutionary War treasure from the 1700s only behind glass in a museum. Now, thanks to the discovery of these coins in the centuries-old *El Cazador* shipwreck, you can actually own America's First Silver Dollar!

Gleaming Silver with a Story to Tell

Struck in the New World between 1772 and 1783 in 90.1% fine silver, these Spanish colonial "8 Reales" were authorized by the Continental Congress upon the recommendation of Thomas Jefferson as America's first official coinage. Widely circulated throughout the 13 Colonies, they were used to help fund the American Revolutionary War and earned the title of "America's First Silver Dollar."

Larger Than a U.S. Silver Dollar

Accepted as legal tender in the U.S. until 1857, each of these hefty silver dollars weighs 27 grams and is 39 mm in diameter. From Europe to China, throughout the Caribbean, and across the 13 Colonies, these silver dollars were readily accepted for trade due to their heft and high silver value.

Imagine Who Held These Coins

Each of these amazing silver dollars makes history come alive. Coins like these were spent in taverns by patriots celebrating America's victory over the British in 1783. Was this the coin George Washington tossed across the Potomac River or used to purchase badly needed supplies for his army?

Certified Historic Shipwreck Silver

Each of these coins has been inspected and authenticated by Numismatic Guaranty Corporation (NGC) and certified to be genuine shipwreck silver from the legendary Spanish Brig of War, *El Cazador*. Each coin is dated from the revolutionary years of our Founding Fathers: 1772–1783 (*dates our choice*)—and has been sonically-sealed in an acrylic holder for preservation.

Save Over $175!

America's First Silver Dollars with the *El Cazador* shipwreck pedigree are selling nationally for up to $425. Now, thanks to this exclusive shipwreck treasure discovery, we are able to offer these historic coins for just $249 (plus s/h).

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ROSTER FOR A NEW LEGION YEAR

GLENN A. HICKMAN

National Vice Commander | Midwest Region

HOME: Grove City, Ohio
MEMBERSHIP: 21 years, Post 1
MILITARY SERVICE: U.S. Air Force, 1968-1969
OCCUPATION: Certified senior adviser, Smith Purdum Insurance
LEGION HIGHLIGHTS: Post cmdr., post adj., dept. vice cmdr., dept. cmdr., dept. sgt.-at-arms
NATIONAL POSITIONS: Nat'l Americanism Cncl., Nat'l Legis. Cncl., Nat'l Children & Youth Cmsn.
REGION: *Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota*

DAVID R. HALL

National Vice Commander | Central Region

HOME: New Haven, W.Va.
MEMBERSHIP: 27 years, Post 140
MILITARY SERVICE: U.S. Army, 1968-1970
OCCUPATION: Team leader, American Electric Power, retired
LEGION HIGHLIGHTS: Post cmdr., post vice cmdr., district vice cmdr., district cmdr., dept. vice cmdr., dept. cmdr.
NATIONAL POSITIONS: Nat'l Distinguished Guests Cmte., Nat'l Resolutions Assignment Cmte.
REGION: *Illinois, Indiana, Kentucky, Michigan, Virginia, West Virginia, Wisconsin*

JAMES HALLIE HOLLAND

National Vice Commander | Southeast Region

HOME: Aiken, S.C.
MEMBERSHIP: 24 years, Post 212
MILITARY SERVICE: U.S. Army, 1958-1985
OCCUPATION: U.S. Army and high school science teacher, retired
LEGION HIGHLIGHTS: Post adj., post hist., district cmdr., zone cmdr., dept. vice cmdr., dept. cmdr.
NATIONAL POSITIONS: The American Legion Insurance Cmte.
REGION: *Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Oklahoma, Puerto Rico, South Carolina, Tennessee, Texas*

JOHN E. NEYLON

National Vice Commander | Northeast Region

HOME: Twin Mountain, N.H.
MEMBERSHIP: 23 years, Post 41
MILITARY SERVICE: U.S. Navy, 1957-1969
OCCUPATION: State veterans employment counselor, retired
LEGION HIGHLIGHTS: Post cmdr., post vice cmdr., post adj., dept. vice cmdr., dept. cmdr.
NATIONAL POSITIONS: Nat'l Foreign Relations Cmte. Consultant, Nat'l Americanism Cmsn. Liaison Cmte., Nat'l Economic Cmsn. Liaison Cmte., Nat'l Legis. Cncl., Nat'l Sec. Cncl., Nat'l Distinguished Guests Cmte., Nat'l Veterans Preference Cmte. Consultant, Alt. Nat'l Exec. Cmte., Nat'l Exec. Cmte.
REGION: *Connecticut, Delaware, District of Columbia, France, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont*

JEANETTE RAE

National Vice Commander | Western Region

HOME: Reno, Nev.
MEMBERSHIP: 12 years, Post 12
MILITARY SERVICE: U.S. Air Force, 1979-2002
OCCUPATION: VA medical administration officer
LEGION HIGHLIGHTS: Post cmdr., post vice cmdr., post serv. off., dept. serv. off., dept. vice cmdr., dept. cmdr., dept. sgt.-at-arms
NATIONAL POSITIONS: Nat'l Children & Youth Cmsn., Nat'l Distinguished Guests Cmte., Nat'l Veterans & Rehab. Cmsn., System Worth Saving Task Force
REGION: *Alaska, Arizona, California, Colorado, Hawaii, Idaho, Mexico, Montana, Nevada, New Mexico, Oregon, Philippines, Utah, Washington, Wyoming*

N. LARRY ROZIER

National Historian

HOME: Raleigh, N.C.
MEMBERSHIP: 25 years, Post 530
MILITARY SERVICE: U.S. Army, 1966-1968
OCCUPATION: Accountant, North Carolina State University, retired
LEGION HIGHLIGHTS: Post adj., post finance off., post hist., dept. hist.

RONALD L. DERRICK

National Chaplain

HOME: Rigby, Idaho
MEMBERSHIP: 40 years, Post 20
MILITARY SERVICE: U.S. Army, 1966-1968
OCCUPATION: Printer, retired
LEGION HIGHLIGHTS: Post cmdr., post vice cmdr., post adj., district cmdr., district vice cmdr., district chaplain, dept. chaplain, dept. vice cmdr.
NATIONAL POSITIONS: Nat'l Legis. Cncl., Nat'l Distinguished Guests Cmte., Nat'l Americanism Cncl.

ALFONSO PULIDO

National Sergeant-at-Arms

HOME: Griffith, Ind.
MEMBERSHIP: 47 years, Post 66
MILITARY SERVICE: U.S. Navy, 1955-1966
OCCUPATION: Retired
LEGION HIGHLIGHTS: Post cmdr., post vice cmdr., post adj., dept. sgt.-at-arms
NATIONAL POSITIONS: Nat'l Cmdr.'s Rep. to Merchant Marine Cmte.

STEPHEN W. SHORT

Aide to the National Commander

HOME: New Palestine, Ind.
MEMBERSHIP: 34 years, Post 212
MILITARY SERVICE: U.S. Marine Corps Reserve, 1974-1975; U.S. Army Reserve, 1983-2005
OCCUPATION: U.S. Army Reserve command sergeant major and Indiana American Legion department adjutant, retired
LEGION HIGHLIGHTS: Post cmdr., post vice cmdr., post hist., dept. adj.
NATIONAL POSITIONS: Nat'l Distinguished Guests Cmte.

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"There is a legacy left to us from the Vietnam experience, and it was left to the young who fought there to show it to us. That is the rediscovery of our capacity to care, to give and to honor. That is no small legacy for a nation to receive."

American Legion National Commander Al Keller Jr., at the dedication of the Vietnam Veterans Memorial on Nov. 13, 1982

Getty

A MEMORIAL LIKE NO OTHER

Born into political and artistic controversy, the Wall has become an enduring symbol of the Vietnam generation's service and sacrifice.

BY DAVID H. HUGEL

In the 30 years since its dedication, the Vietnam Veterans Memorial has become one of the most popular and revered landmarks in the nation's capital, attracting an estimated 3 million visitors each year.

Situated on a 2-acre site near the Lincoln Memorial, the Vietnam Veterans Memorial – known simply as the Wall – was the dream of a determined group of Vietnam War veterans led by Jan Scruggs, a former Army infantryman from Maryland. Scruggs founded and still leads the Vietnam Veterans Memorial Fund (VVMF), which championed the project until the Wall's formal dedication on Nov. 13, 1982, and continues to oversee it today.

"The challenges were political and legislative initially, and in July 1980, the VVMF was authorized by Congress to build a memorial on the site," Scruggs recalls. "Next we needed a design and had a competition – the largest ever held. Following that, we had an enormous controversy and public relations challenges over the design."

The American Legion was an early supporter of the Vietnam Veterans Memorial, and was recognized at its dedication as the largest single contributor, donating nearly $1.2 million toward its construction.

The Wall has a distinctive look, with two polished black granite wings meeting at an apex. It stretches 246 feet in a graceful "V" formation toward the Washington Monument to the east and the Lincoln Memorial to the west, and has 70 panels ranging in height from 8 inches to 10 feet, inscribed with the names of U.S. military personnel who died or were declared missing during the Vietnam War. A total of 58,175 names were engraved on the Wall initially, but more are added periodically as new information becomes available. With the addition of 10 names in May, the Wall now lists 58,282 names.

Designed by Maya Ying Lin, then a 21-year-old Yale University architecture student, the Vietnam Veterans Memorial's modern – some called it nonconformist – look was the unanimous choice of the eight distinguished architects and sculptors who judged 1,421 designs submitted for the design competition. Once scorned by traditionalists, the Wall has become familiar and popular within Washington's landscape.

The Vietnam Veterans Memorial Fund had four criteria for design:

- Be reflective and contemplative in character
- Harmonize with its surroundings
- Contain the names of those who died in the conflict or who were still missing
- Make no political statement about the war

To address concerns that arose during the long approval process – namely, the absence of a representational sculpture – an additional tribute was erected near the Wall to honor those who fought and survived the war. Crafted by Washington, D.C., sculptor Frederick Hart, the Three Soldiers statue (also called the Three Servicemen) depicts three fighting men of various ethnic backgrounds dressed in combat attire. The bronze statue was dedicated in 1984, along with a flagpole with a large brass base emblazoned with emblems of the five military services.

In 1993, a second statue was erected on the Wall's grounds, this one honoring the 11,000 women who served in Vietnam. Santa Fe, N.M., artist Glenna Goodacre sculpted the Vietnam Women's Memorial, which depicts a nurse supported by sandbags as she treats an injured soldier lying across her lap. Another nurse looks skyward, perhaps for an incoming medevac flight, as a third kneels nearby.

The names of 151 Medal of Honor recipients are etched on the Wall, along with those of 16 chaplains (seven Catholic, seven Protestant and two Jewish).

LEFT: *To satisfy the concerns of critics who felt the Wall's design was too abstract, a traditional statue by sculptor Frederick Hart was unveiled in 1984.* American Legion photo
BELOW: *The Vietnam Women's Memorial was the first memorial honoring women's wartime service built in Washington.* DoD photo

Names are only added to the Wall when the Department of Defense has determined that a servicemember has died directly from combat-related wounds. Cancer victims of Agent Orange and post-traumatic stress suicides do not fit the criteria for inclusion.

Besides being a popular tourist attraction, the Vietnam Veterans Memorial remains the venue of choice for Memorial Day and Veterans Day ceremonies honoring those killed during the war. For 30 years these ceremonies – attended by thousands of veterans, Gold Star Mothers and members of the public – have featured the most prestigious U.S. government and military officials, civic leaders and entertainers. At the conclusion of the formal program, veterans service organizations such as the Legion participate in a solemn wreath-laying ceremony.

The story goes that the tradition of leaving personal treasures at the Wall to honor the war's fallen heroes began even before the memorial was completed, when someone threw a Purple Heart into wet cement. That custom of leaving items at the foot of the Wall – including medals, photographs, letters and personal mementos, including a Harley-Davidson motorcycle – continues to this day. Since the Wall's dedication, Americans have left more than 150,000 items at the memorial. They are collected, cataloged and stored by the National Park Service.

In 2003, Congress authorized VVMF to build an educational center to complement the Wall. Current plans call for the Vietnam Veterans Memorial Education Center to be built beneath a 5-acre tract of parkland between the Wall and the Lincoln Memorial, and a groundbreaking ceremony is planned for Veterans Day. Projected to open in 2014, the center will tell the story of the Wall's 58,282 names for future generations of Americans through photographs, narrations and interactive exhibits. Several of the personal items left at the Wall over its 30-year history will also be displayed.

"For those of us who served, the Wall is our legacy," said Gen. Colin Powell, former secretary of state and Vietnam War veteran. "In that memorial is the collective story of over 58,000 brave men and women who gave their lives for their country. This story has to be told so future generations will understand what service and sacrifice is all about. The Education Center will be a place that will enhance the Wall experience. It will keep this legacy alive for years and years to come."

David H. Hugel served in the Marine Corps from 1960 to 1964, including a nine-month tour in Vietnam as a combat photographer with the 1st Marine Aircraft Wing as part of Task Element 79.3.3.6, code-named Shufly. Today he is a freelance writer living near Annapolis, Md.

Read more about the Education Center at the Wall:
www.buildthecenter.vvmf.org

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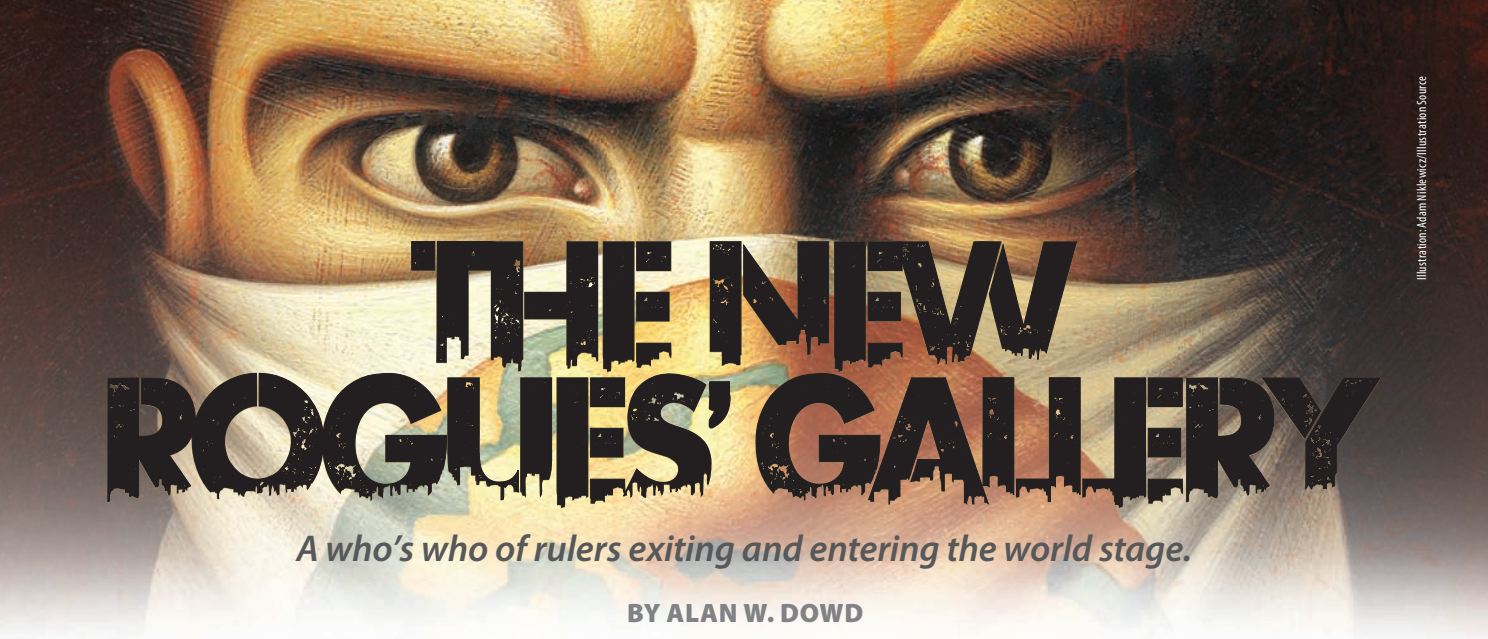


Illustration: Adam Niklewicz/Illustration Source

THE NEW ROGUES' GALLERY

A who's who of rulers exiting and entering the world stage.

BY ALAN W. DOWD

In 2005, long before there was an Arab Spring, Middle East scholar Fouad Ajami announced "the autumn of autocrats" and predicted that "the entrenched systems of control in the Arab world are beginning to give way."

His prediction came to fruition in 2011, when four Arab dictators were toppled and a fifth (in Syria) came under sustained pressure from their subjects. With so many rogue rulers departing in such short order, now is an ideal time to take inventory of regimes that still pose threats, regardless of who is in charge.

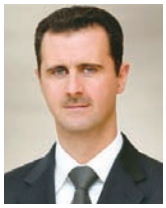
Yemen: al-Qaida Haven

Ensconced as Yemen's autocrat for 33 years, **Ali Abdullah Saleh** signed an agreement in late 2011 to transfer power to his deputy, Abed Rabbo Mansour Hadi, who is leading a caretaker government until elections are conducted. But Yemen could be sliding from the ranks of Arab autocracy to Somalia-style anarchy. A powerful wing of al-Qaida, al-Qaida in the Arabian Peninsula (AQAP), has seized large swaths of Yemen. "Ongoing instability in Yemen provides AQAP with greater freedom to plan and conduct operations," Director of National Intelligence James Clapper Jr. warns.

Saudi Arabia: The West's Favorite Autocracy

Freedom House ranks Saudi Arabia among the worst countries on earth when it comes to political rights and civil liberties. **King Abdullah**'s regime does not allow religious freedom. Freedoms of the press and of speech are severely circumscribed. And there is virtually no freedom for women. But the West keeps quiet about these unpleasant realities because Saudi Arabia is a lynchpin of the oil-dependent global economy and a bulwark against Iran. Two successors have died in the past year: Crown Prince Sultan and Crown Prince Nayef. Crown Prince Salman, the defense minister, is next in line.

Syria: Like Father, Like Son



Bashar Assad's father slaughtered 20,000 Syrians to stanch a 1982 uprising. The younger Assad's army has eclipsed that grisly milestone. However, tens of thousands of Syrian soldiers have defected and formed the Free Syrian Army. If post-Assad Syria is run by the generals, Brig. Gen. Manaf Tlass, the highest-ranking deserter, is a possible successor. There is also a Syrian National Council (SNC), led by Abdel Basset Sida, handling civilian matters. Martin Collacott, Canada's ambassador to Syria in the 1990s, cautions that the possibility of compromise "seems remote due to the brutality of the government's crackdown."

Iran: A Tyranny of Terrorists

Not surprisingly, Iran has sent advisers and military personnel to Syria. In addition to making common cause with Damascus for decades, Tehran's record includes international terrorism, support for Hezbollah, an outlaw nuclear program, bloody proxy wars against the United States in Iraq and Afghanistan, and threats to close the Strait of Hormuz. As if to prove their rogue bona fides, supreme leader **Ayatollah Ali Khamenei** and his puppet Mahmoud Ahmadinejad smashed pro-democracy protests after elections in 2009.

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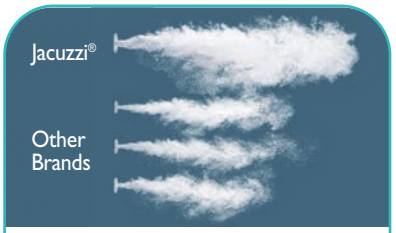

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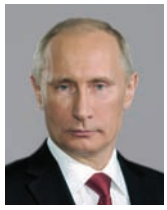
Sudan: Worst of the Worst

In control for almost a quarter century, **Gen. Omar Hassan al-Bashir** is among "the worst of the worst" dictators, according to Freedom House. His Sudan is the very definition of a rogue regime: cultivating ties with North Korea, Gadhafi's Libya and Hussein's Iraq; supporting terror groups such as Islamic Jihad, Hezbollah and the Lord's Resistance Army; and offering safe haven to Osama bin Laden. The barbaric al-Bashir has been implicated in genocide and the slave trade. For his mass-murder campaign in Darfur, he was indicted by the International Criminal Court in 2010. His reach shrank when South Sudan voted to secede in 2011, though he has threatened to overthrow the breakaway region.

Russia: A Czar Is Born



After serving as prime minister in 1999, **Vladimir Putin** began his first presidential term in 2000, returned to prime minister in 2008, and then returned to the presidency this year. As the Brookings Institution's Robert Kagan observes, "Elections do not offer a choice, but only a chance to ratify choices made by Putin." The regime intimidates opponents, rewards cronies, controls the media and stage-manages elections. Ahead of the 2012 election, his Justice Ministry barred key opposition figures from participating. And even the Putin-approved opposition candidates dismissed the 2012 results as fraudulent. Putin's Russia is making outlandish claims in the Arctic, occupying parts of Georgia, resupplying Bashar Assad, blocking U.N. action in Iran and using oil wealth to boost Russian military spending by 65 percent since 2010. If Czar Vladimir gets his way, he will rule until 2024.

Myanmar: Baby Steps

Ruled by the military since 1962, Myanmar may be changing for the better. This is partly a function of the military junta's deplorable response to the 2008 tropical cyclone that claimed 150,000 lives. The military initially blocked humanitarian aid, which raised international awareness of Myanmar's plight. In 2010, junta leaders allowed parliamentary elections, the first since 1990, and have also released political prisoners. Nobel laureate Aung San Suu Kyi is leading what appears to be the beginning of a peaceful revolution. Although she holds just one seat in Parliament (which she won in April), she is using her new post to promote political freedom. But given that this year's elections impacted just 48 of the 664 seats in Myanmar's two legislative chambers, change will take time.

China: Business-Suit Autocrats

In an indication of how undemocratic Beijing's political process is, Hu Jintao's successor, **Xi Jinping**, was chosen by a small committee of powerbrokers, introduced to the world and then, inexplicably, was kept in hiding for weeks ahead of the transition. Although Western reporters are charmed by what Reuters calls a "folksy smile," it pays to recall that Xi has been a central part of the regime's policies, which include a massive military buildup, a barrage of cyberattacks, and the "harshest crackdown on dissent in at least a decade," Clapper says. In Xi's China, the basic freedoms of speech, religion and assembly do not exist. Indeed, some 3 million people are rotting away in *laogai* slave-labor camps, many convicted of political dissent or religious activity. When Beijing barred dissident Liu Xiaobo and his family from traveling to Oslo to receive the Nobel Peace Prize, *The Washington Post* noticed a grim parallel: "Only once before has the peace prize been awarded without anyone to receive it: in 1936, when Adolf Hitler prevented German pacifist Carl von Ossietzky from attending."

North Korea: The Kim Dynasty

The same family has been in power in Pyongyang since the end of World War II. At first glance, the prospect of a free North Korea seems low. But other factors suggest that the end of the Kim dynasty is not far off. First, Kim Jong Il put in place a collective leadership structure to guide his untested son, **Kim Jong Eun**. Including the younger Kim, his uncle and aunt, and a cadre of generals, the structure is inherently unstable. Second, as the Carnegie Endowment's Minxin Pei observes, "No modern authoritarian dynastic regime has succeeded in passing power to the third generation."

Cuba: The Cult of Castro

Fidel Castro transferred leadership to his brother, **Raúl Castro**, in 2008, which means that Cuba has been ruled by the Castro family since 1959. Freedom House calls Cuba "one of the world's most repressive countries" and reports "no political liberalization" in 2011. Economic freedom is nonexistent. Freedoms of speech, assembly, religion and movement are limited. And the Castro regime has jailed thousands of political prisoners. What comes after the Castro brothers? Fidel's son, Fidel Castro Díaz-Balart, is only in his 60s.

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Venezuela: Hugo's the Boss

In control since 1999, **Hugo Chávez** has nationalized industries; expanded government control over the press, Internet, banks and NGOs; and limited legislative power. Henrique Capriles, a regional governor, challenged the cancer-stricken Chávez in 2012. The Chávez regime carried out a campaign of intimidation ahead of the elections, using police to disrupt Capriles' campaign activities and the National Electoral Council to block pro-Capriles political ads. Election results were not official at press time, but wresting control won't be easy. Defense Minister Henry Rangel Silva says the army is "married" to Chávez's political program.

Belarus: Europe's Last Dictator?

In power for 18 years, **Alyaksandr Lukashenka** is often called "Europe's last dictator." Ruling by executive fiat, his regime is characterized by "disregard for the basic rights of freedom of assembly, association and expression," according to the State Department. In fact, after the 2010 election, Lukashenka jailed seven of the nine candidates who dared oppose him.

WATCH LIST

Iraq: Baghdad Blowback

Iraq has the opportunity to be a beacon for the Middle East by continuing along the road to liberal democracy, or it can revert to its old ways. The signs are not good. Pitched battles between Sunni, Shiite and Kurdish groups are flaring. Suicide bombings have returned. Human Rights Watch warns that Iraq is "slipping back into authoritarianism." Citing an orchestrated effort to "decapitate" the Sunni-majority coalition, Lt. Col. Joel Rayburn, an Army intelligence officer specializing in Iraq, calls Prime Minister **Nouri al-Maliki** "a would-be strongman."

Pakistan: Nuclear Headache

With the military, intelligence agency and civilian government as competing centers of power, Pakistan's dysfunctional regime helped spawn the Taliban in Afghanistan, cooperated with the United States after 9/11, returned to its old ways by hatching plots against Afghanistan's democratic government, allowed bin Laden to hide in plain sight, and provided safe haven to Taliban and Haqqani leaders. "Support of terrorism is part of their national strategy," as Adm. Mike Mullen said of Pakistan's military-and-intelligence machinery last year. The nuclear-armed basket case has weathered three military coups and scores of political assassinations in its 64-year history.

Libya: Militia Madness

The National Transitional Council (NTC) served as an umbrella for anti-Gadhafi groups during the 2011 civil war and led Libya until parliamentary elections in July. A coalition of moderate groups, guided by NTC leader Mahmoud Jibril, bested Islamist parties in the elections, and Libya's new National Assembly chose **Mohammed el-Megarif** as its president. Still, there are worries about the government's ability to rein in militias and govern, as underscored by the September assassinations of U.S. Ambassador Chris Stevens and his staff. Reuters reports that there could be hundreds of thousands of unregistered militiamen. "We don't have a state," Jibril concedes. Indeed, militia leaders in eastern Libya are proposing their own capital in Benghazi and planning an independent legislature.

Egypt: Democratic Dangers

Democracy is not the inevitable successor to autocracy, which is why the world is watching Egypt so nervously. The Muslim Brotherhood's **Mohamed Morsi** won the presidency in June, and the Brotherhood and other Islamist groups won 65 percent of the seats in Parliament. But then the military reasserted itself, dissolving Parliament, circumscribing the new president's authority and reserving broad powers for itself. Morsi then fired senior military officials and reversed the military's orders. This tug of war between the old regime, reformers and Islamists will affect everything from the U.S. Navy's movement through the Suez Canal to the Israel-Egypt peace accords. Egypt could become like Turkey, a free and usually responsible member of the international community. Or it could degenerate into something like Iran: a radicalized regime where the veneer of legitimate government covers a terror state. Worryingly, post-Mubarak Egypt began its life by holding Americans hostage and breaching the U.S. embassy – just like post-shah Iran.

Alan W. Dowd is a senior fellow with the Fraser Institute, and a contributing editor for The American Legion Magazine.

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Jamie Gray

Olympic gold medalist

Gray won her first Olympic gold medal in the women's 50-meter rifle 3-position shooting competition on Aug. 4, setting a record with a final-round score of 99.9. Her gold medal was the third for the U.S. shooting team in the London Olympics, the most America has earned since 1984.

Gray is assistant rifle coach at Columbus State University and an American Legion Shooting Sports alumna. She won the Junior 3-Position Air Rifle Precision title in 2002, setting a then-record score of 2,475.

She lives in Phenix City, Ala., with her husband, Staff Sgt. Hank Gray, a U.S. Army Marksmanship Unit shooter.

Getty Images

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[MEDIA]

'A small piece of the truth'

Award-winning filmmaker set out to understand his brothers' motivation to serve their country.

BY CAMERAN RICHARDSON

When Jake Rademacher released "Brothers at War" in early 2009, his documentary film fed Americans' desire for the truth about what their soldiers were facing on the front lines in Iraq. The film also delivered a stirring portrait of two brothers who chose to serve their country, and the quest of a third brother to understand why. In the *Chicago Sun-Times*, Robert Ebert called "Brothers at War" an "honest, on-the-ground documentary about the lives of Americans fighting (in Iraq). It has no spin. It's not left or right ... It is simply about men and women."

Rademacher, who directed and produced "Brothers at War," embedded with four combat units in Iraq to tell the story of two of his brothers – Maj. Isaac Rademacher and Sgt. Joe Rademacher of the 82nd Airborne Division – as they served during Operation Iraqi Freedom, and what effects their deployments had on loved ones left behind. But Rademacher is more than a filmmaker who stepped into a soldier's boots for a few months – the Decatur, Ill., native is a Boys State alumnus, an Eagle Scout and a recipient of the Best Documentary Feature Award at the 2008 GI Film Festival. He's also raised more than $250,000 for veterans causes.

Eldon Lindsay photo

Describe your experience at American Legion Boys State.

Illinois Boys State was the first time I ever put myself out there for any type of election. I don't know what came over me, but for some reason I decided to run for secretary of state, and there was a really amazing moment that happened during my speech. (It) was going really well until I said, "Now I offer my mind, body and spirit." You don't offer your body to a bunch of 17-year-olds, so that was greeted with vocalizations of "Ooh." I don't know what came over me, but in that moment I just stopped in front of about 450 of my peers, who I'd known for two or three days, and I said, "Please give me the respect that I deserve and allow me to continue." You could have heard a pin drop. I ended up winning the primary by more votes than the other eight candidates received. I then won the overall election.

With Boys State, you really learn how the whole system of government works, how you support people and give speeches, and how to have civic pride. I was blown away by the experience.

And you're an Eagle Scout, too?

Yes, four out of five of us (brothers) are. I'm so glad that I joined Boy Scouts ... the people leading were these really cool guys who were only two years older than me. For me, that was a huge draw, and all the experiences that go along with it. My Eagle Scout project was to clean some wooded trails at a park near where I lived. We cleaned about 20 bags' worth of trash, and then marked the trails and created a map.

What was your goal when filming the documentary?

It was about learning who my brothers are through their brothers in arms. And by telling the story of one family, we were going to tell the story of all the families. It was about telling the American people the truth of what our servicemembers were facing on the front lines. The film is always there as a document, as a testament to at least a small piece of the truth, and it's something that can be accessed by veterans for years to come.

When you have an opportunity to sit in the sand waiting for combat, the conversations you have with soldiers are amazing. I was blown away by how well-read, how introspective, how deep these men and women are, because that's not how they are portrayed in the media.

When the film premiered at the GI Film Festival in 2008, did you have any expectations about how it would be received?

I put my family's life up there on the screen, and the same for the servicemembers with whom I'd been embedded. I was anxious to see if people would like it, since I put my heart and soul into it. It received a standing ovation. The GI Film Festival gave a great launch to the film, and celebrated it in a great way.

Tell us about a moment from your time among U.S. troops in Iraq that left a mark on your life.

A transformational moment was during my last interview with Marine Col. Daniel Newell. He gave me incredible access – to go on whatever mission I wanted, to videotape whatever I wanted, and he told me about missions before they were going to happen. I asked him why he gave me such access, and he said that in the 1963 movie "Hud," Paul Newman's father said, "Little by little the look of the country changes because of the men we admire."

Newell mentioned that right now, in our society, we admire overgrown men who play children's games and complain about how much money they are making. He said, "I have lance corporals over here doing amazing things for peanuts and no one knows anything about it." That struck me and gave me a real laser focus on what I was doing and why it was important. I think that was the gift of the film: it's a portrait of the American warrior and the American military family facing war.

Cameran Richardson is assistant Web editor for The American Legion.

To buy a DVD of "Brothers at War," visit the film's website:

www.brothersatwarmovie.com

[VERBATIM]

"I just don't think that people come to protests equipped with RPGs and other heavy weapons."

Sen. Susan Collins, R-Maine, ranking Republican on the Senate Homeland Security Committee, agreeing with Libyan President Mohammed el-Megarif that the Sept. 11 attack on the U.S. consulate in Benghazi was planned

"I'd like to see 10 of the major TV shows, or telenovelas, have people talking about 'that health insurance thing.' There are good storylines here."

Peter King, executive director of the California Health Benefit Exchange, on his plans to tap Hollywood to promote President Obama's health-care law

"I love the old cars. I love the smell of gasoline. It runs in my veins."

Margaret Dunning of Plymouth, Mich., who showed off her lovingly maintained 1930 Packard 740 Roadster at an automobile show on Sept. 15. At 102, Dunning still changes the car's oil and spark plugs.

"You have now shown once again the pathway to the stars. As you soar through the heavens, beyond where even eagles dare to go, you can now finally put out your hand and touch the face of God."

NASA

Gene Cernan, commander of the Apollo 17 lunar landing, in a eulogy for friend and fellow U.S. astronaut Neil Armstrong in Washington. A Korean War Navy veteran and the first man to walk on the moon, Armstrong died Aug. 25.

Sources: *Foreign Policy, The New York Times, Akron Beacon Journal, Community Press & Recorder*

[HONOR]

Russia remembers

Russia has awarded its medal of honor to U.S. Navy veteran Delbert Dauenbaugh for delivering military supplies to the Soviet Union during World War II, AP reports. The Ushakov Medal was sent from Russia's embassy in Washington. Dauenbaugh, a signalman during the missions, served aboard SS *Hawkins Fudske*, a cargo ship that operated out of Britain, Ireland and Belgium. "After 70 years, it's pretty good Russia remembered what we did," Dauenbaugh said.

[BUSINESS]

KFC on the Tigris

After a decade in close proximity with U.S. troops, Iraqis have gotten a taste for American-style fast food, AP reports. Milkshakes, cheese dogs, fried chicken, cheesesteaks, hot wings and burgers top the list. It's no surprise that Baghdad is teeming with Burger King, Chili's and KFC knockoffs. In fact, American-style fried chicken is so popular that Iraqis call all forms of fried chicken "Kentucky."

[SCIENCE]

The anti-suicide nasal spray

The Army has awarded a scientist at the Indiana University School of Medicine a $3 million grant to develop a nasal spray that could help fight suicidal thoughts among soldiers, AP reports. Michael Kubek, a professor of neurobiology, helped discover thyrotropin-releasing hormone, or TRH, which has antidepressant and anti-suicidal effects in the brain. Along with Kubek, a team of researchers from several schools is now working to put TRH in aerosol form for delivery via a nasal spray.

[ACTIVE DUTY]

America's soldier Olympians

Twenty-one athletes and coaches who competed in the 2012 Olympic Games serve on active duty in the U.S. military. As *Wired* reports, this is nothing new for the United States, many of whose Olympic athletes have had distinguished military records.

"Linn Farish won the gold in 1924 for his rugby skills, but he would later fly behind enemy lines in Yugoslavia during World War II to map landing strips and rescue downed pilots for the pre-CIA Office of Strategic Services," the magazine noted. "Sprinting champ Charley Paddock, a four-time medalist from 1920 to 1928, died in a 1943 plane crash in Alaska after enlisting. Farid Simaika represented Egypt as a diver in the 1928 Olympics. He became a U.S. citizen in 1942 and joined the Army Air Corps before being shot down over New Guinea two years later." Plus, George Patton competed in the pentathlon in 1912.

Active-duty athletes who competed in London included:

Greco-Roman Wrestling
Army Sgt. 1st Class Dremiel Byers
Army Spc. Justin Lester
Army Sgt. Spenser Mango

Modern Pentathlon
Army Spc. Dennis Bowsher

Dremiel Byers, top, defeated Uzbekistan's Muminjon Adbullaev 1-0, 1-0 in the Olympic heavyweight tournament. Photo by Tim Hopps, IMCOM Public Affairs

Men's 25m Rapid-Fire Pistol
Army Sgt. 1st Class Keith Sanderson

Men's 50m Rifle
Army Sgt. 1st Class Jason Parker

Men's 50m Rifle, Prone
Army Staff Sgt. Michael McPhail
Army Sgt. 1st Class Eric Uptagrafft

50K Race Walk
Army Staff Sgt. Josh Nunn

Shooting
Army Sgt. Glenn Eller
Army Sgt. 1st Class Daryl Szarenski

25m Pistol
Navy Petty Officer 1st Class Sandra Uptagrafft

Men's Double-Trap Shooting
Army Staff Sgt. Josh Richmond

Skeet Shooting
Army Staff Sgt. Vincent Hancock

[NATIONAL SECURITY]

Did they or didn't they?

After hearing media reports that a Russian attack submarine loitered in the Gulf of Mexico undetected for weeks, Sen. John Cornyn, R-Texas, sent a letter to Chief of Naval Operations Adm. Jonathan Greenert demanding answers.

"The submarine patrol, taken together with the air incursions, seems to represent a more aggressive and destabilizing Russian military stance that could pose risks to our national security," Cornyn wrote in a letter republished in the *Houston Chronicle*.

A Pentagon spokesman rejected the story, saying, "We see nothing to indicate that it is true."

"If these reports are accurate," Cornyn concluded in his letter, "the repercussions are serious. It is my understanding that an *Akula*-class submarine can be armed with an array of weapons, including torpedoes and long-range cruise missiles, capable of destroying both U.S. nuclear submarines and aircraft carriers."

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[LEGIONNAIRES IN ACTION]

STILL SERVING AMERICA

The numbers are in, and The American Legion's reach is as strong as ever.

Legion posts around the world gave millions of hours, raised millions of dollars and influenced millions of lives in 2011 and 2012. The latest American Legion Consolidated Post Report, released in August, attaches numbers to the Legion's acts of advocacy and outreach.

The number of posts reporting their performance jumped by 485 this year, meaning that just over 60 percent of Legion posts collected data and submitted reports.

"It is nice to see an increase, but we can do better than that," American Legion National Commander James E. Koutz said. "If even 10 percent more of our posts submitted reports, we would make it clearer to veterans, communities and the federal government the important role that The American Legion fulfills across the land." Posts can fill out and submit forms online at **myLegion.org**. Paper forms are also mailed annually to department headquarters and distributed to local posts for completion.

These numbers are just a snapshot of the activities performed by American Legion posts.

SERVICE

3,917,943 Volunteer community service hours logged by American Legion posts

140,978 Veterans cases handled by American Legion post service officers

$1,585,868 Raised for VA hospitals in local communities

32,016 Registered VA Volunteer Services members

83,746 Pints of blood donated through American Legion posts

36,891 Annual community events conducted by American Legion posts

$277,735 Raised by posts for the National Emergency Fund

YOUTH

7,576 ROTC medals awarded by American Legion posts

14,867 Young men sponsored for Boys State programs

6,601 Participants in American Legion Junior Shooting Sports clubs

$830,053 Raised for the Legacy Scholarship Fund

2,254 American Legion Baseball teams sponsored by posts, at a cost of $5,925,258

2,097 Scouting units sponsored by American Legion posts

46,882 Youths participating in American Legion-sponsored Scouting units

901 "Vets in the Classroom" programs conducted

9,129 Youths participating in The American Legion Oratorical Contest

25,722 American Legion School Medals awarded

13,259 College scholarships granted by American Legion posts, at a cost of $3,782,638

$311,633 Raised by American Legion posts in support of Special Olympics

TROOP SUPPORT

$376,495 Provided by Legion posts for the Family Support Network

$301,478 Provided by American Legion posts through the Temporary Financial Assistance program

$946,400 Spent by American Legion posts on troop support

500,625 Volunteer hours spent on troop support

EMPLOYMENT

3,067 Veterans placed in jobs with help from The American Legion

1,096 Veterans placed in job-training programs with help from The American Legion

920 American Legion posts participating in veteran career fairs

CITIZENSHIP

305 Citizenship and naturalization programs involving Legion posts

COMMUNITY EVENTS

4,327 Flag Day events coordinated by Legion posts

1,489 "Get Out the Vote" events coordinated by American Legion posts

7,121 Memorial Day events coordinated by American Legion posts

4,365 Fourth of July events coordinated by American Legion posts

3,175 Legion Birthday events conducted by American Legion posts

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[PERSONAL FINANCE]

No better time to talk turkey about cars

Of course you're aware that the holiday season is upon us. But are you aware that car-buying season is upon us, too? In recent years, December has been near the top when it comes to monthly car sales. As usual, our focus is on keeping your financial house in order. With that in mind, here are five car-buying tips with a Thanksgiving spin:

■ **Don't let your eyes get bigger than your stomach.** We're not talking about food, but the amount of car you can afford. It's easy to get caught up in new-car excitement and drive off with something that doesn't fit into your budget. As a matter of fact, the dealerships almost count on it. To decrease your chances of indigestion, try to keep transportation costs to 10 percent or less of your monthly budget.

■ **Set the table.** Preparation is key to both a good meal and a good car-buying experience. First, check your credit report at **www.annualcreditreport.com** at least six months to a year in advance. If you're financing, this will give you some time to work on raising your credit score. A lower interest rate results in lower costs. Get approved for a car loan before you hit the dealer and take that negotiating tactic off their table. And do your research. Use online resources to understand the rebates, special financing deals and fair pricing for the vehicle you're interested in.

■ **Turn down the noise.** Just as your holiday dinner is usually more enjoyable if you turn down the volume on your TV, the car-buying experience will be less stressful if you eliminate the sales "noise" coming from the dealership. You're interested in the price of the car, not the monthly payment. Forgo the extras like special paint preparation, and if you're interested in an extended warranty, shop around. USAA offers plans for purchase or comparison. Finally, make the right call if there's a rebate or special financing available. You might be able to get comparable financing through your own bank or credit union and use the rebate to knock down the price.

■ **Don't forget the dessert.** If you're like us and calorie-count your way through the holiday season, you certainly can't forget the pumpkin pie (it adds to your total). By the same token, as you evaluate potential car purchases, make sure you consider all the costs of ownership. Taxes, insurance and gas use need to fit into your budget.

■ **Get comfortable.** Finally, the best way to make your next car purchase a financial win is to make sure you see it in your driveway on future Thanksgivings. Get comfortable with your new car, then drive it until the wheels fall off.

June Lantz Walbert and J.J. Montanaro are certified financial planners for USAA, The American Legion's preferred provider of financial services. Submit questions for them online.

www.legion.org/focusonfinances

[HISTORY]

Army vet witnessed Potsdam Conference from back of room

Photo courtesy Chris Thomas

World War II Army veteran John Thomas Jr., 85, passed away Aug. 14 in New Mexico. He took with him a unique perspective on history: Thomas was one of the last people alive who was present at the historic Potsdam Conference and saw three great heads of state in the same room.

Conducted at Potsdam's Cecilienhof Palace, just outside Berlin, the conference brought together President Harry Truman, British Prime Minister Winston Churchill and Soviet Premier Josef Stalin to discuss the shape of the postwar world.

At the time, 18-year-old Thomas was a buck private stationed in Nuremberg. One day, he received a high-priority order to report to Berlin, bumping a full colonel from his seat on the flight there.

When Thomas arrived, he was given the uniform of an officer – "for appearance's sake" – and taken to Cecilienhof Palace. There, he met Alphonse McMahon, Truman's personal physician and a naval commodore. McMahon also happened to be Thomas' uncle, and it was he who had put together the rushed trip.

McMahon led Thomas into a large meeting, where he stood at the rear for about 20 minutes, seeing Truman, Churchill and Stalin "all there in one big dining room." McMahon introduced his nephew to Truman and other top members of the U.S. negotiating party.

Thomas later met Churchill, but he was never introduced to Stalin, recalling that he seemed "remote." He smiled, but "not like Truman and Churchill were."

McMahon never told Thomas why he'd gone to the trouble of bringing him to Potsdam, and swore him to secrecy. For years Thomas kept his word, not even telling his children or grandchildren.

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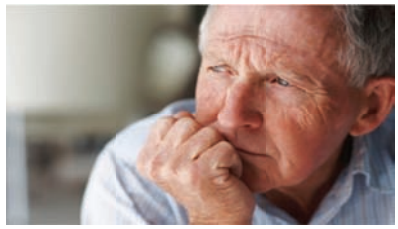

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Turner W. Branch, a principal and senior partner of the Branch Law Firm retired as a 1st Lieutenant in the United States Marine Corps in 1968. He served on active duty in Camp Pendleton, California and at the Marine Corps Air Facility (MCAF) in Santa Ana, California. While at Camp Pendleton he served with the Second Battalion, Fifth Marines, First Marine Division (FMF) USMC.

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[MEMORIAM]

PNC Kogutek 'a very devoted Legionnaire'

Michael J. Kogutek of New York, who served as The American Legion's national commander from 1980 to 1981, passed away Aug. 30 at 86.

"He was a very close friend," said Richard Pedro, New York's department adjutant and a newly elected past national commander. "I'd seen him at our department convention and talked to him two weeks before he died. He'll be missed."

Pedro also enjoyed a professional relationship with Kogutek. "We were always sharing what was going on in our districts – what was working, what wasn't," he said. "Michael was a very devoted Legionnaire."

Born and raised in Lackawanna, N.Y., Kogutek entered the Navy after graduating high school in 1944 and served aboard the amphibious landing craft LCI-747, seeing action in New Guinea and the Philippines.

After the war, he married Dorothy Druzbik, worked as a forklift operator and earned his associate of science degree from Empire State College. He eventually became plant manager at Buffalo Brake Beam.

Past National Commander John "Jake" Comer, who led the Legion from 1987 to 1988, remembered his friend as a man who dispensed sound advice, and one who could relax and have fun once business was done.

"He was a very jovial guy," Comer said. "He always had a smile. And he loved his Polish heritage. He'd start singing the Polish song 'Sto Lat,' and he'd get everyone to try to sing along."

In 1946, Kogutek joined Matthew Glab Post 1477 in Lackawanna and was elected to various positions at the Legion's post and department levels, including commander. He also served as an Alternate National Executive Committeeman prior to being elected national commander in Boston in 1980.

During his acceptance speech, Kogutek praised rank-and-file Legionnaires for being the heart of the organization. "You are the rock the Legion rests on, the foundation it's built on, and the base that keeps it on a strong and sure course," he said. "If a leader is only as good as those he leads, then I say I cannot fail, because I look out on some of the bravest, most courageous and most determined people the world has ever known."

[MEMBERSHIP]

King-size posts

As of July 31, The American Legion had 11 posts with a membership of 2,000 or more.

Augustus Ruser Jr. Post 273
Madeira Beach, Fla. (4,074)

Veterans Memorial Post 347
Lady Lake, Fla. (3,781)

Newport Harbor, Inc., Post 291
Newport Beach, Calif. (3,332)

Oak Orchard/Riverdale Post 28
Millsboro, Del. (3,192)

Post 27
Apache Junction, Ariz. (2,556)

Post 3
Lincoln, Neb. (2,449)

Post 183
Parkville, Md. (2,290)

Post 791
Shiloh, Pa. (2,290)

Cyber Post 208
Orlando, Fla. (2,179)

No-Vel Post 159
Venice, Fla. (2,153)

Walter L. Fox Post 2
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[CAREERS]

What matters most in today's job search

Today's job search doesn't look at all like our parents' job searches. In fact, it doesn't even look like a job search from five or 10 years ago. Here's what matters most now:

■ **Learn.** One of the most valuable things to know is which careers are hot, and one of the best resources is the U.S. Bureau of Labor Statistics (**www.bls.gov**). You'll learn about emerging careers, on-the-move industries, cities with the best hiring projections and other data that will help you make good career decisions.

■ **Brand yourself.** What differentiates you from others with similar qualifications? Most intelligence analysts have the same job responsibilities – so although important, they are not differentiating characteristics. That's true for all professions. What matters are the "extras" – performance recognition, cost reduction, leadership, productivity and more. Your No. 1 skill is the foundation for both your personal brand and your job search.

■ **Be online.** Like it or not, key components of job searching have moved to a virtual platform. LinkedIn is a must. Twitter and Facebook are good additions, but only if focused on the professional you and not the personal you. The very first thing someone will do is Google your name, so be sure that positive professional results are what he or she will find.

■ **Network.** Although technology has had a huge impact on job search, nothing will ever replace one-on-one networking: outreach to past employers and colleagues, chance meetings with business professionals, local networking exchanges, etc. Connect with others and watch it work for you.

■ **Omit your address.** The world of work is now global. People communicate via phone and email, so there's no need to include an address on your résumé. You want an employer to be impressed with your talents and then – only then – realize that you're 1,000 miles away. Only include your address if your job search is entirely local.

Wendy Enelow is co-author of "Expert Résumés for Military-to-Civilian Transitions" and "Executive Résumé Toolkit."

[STATEMENT]

"The American Legion is impressed with Congress today. Those who deliberately lie about military service, wear medals they did not earn or make claims of combat heroism they did not achieve are more than just liars. They are perpetrators of the worst kind of fraud. Their lies are an insult to all who have truly stood in harm's way and earned their decorations. We raised this issue at our national convention, and the House acted."

American Legion National Commander James E. Koutz, on a new Stolen Valor Act approved by the House of Representatives 410-3 on Sept. 13. The revised legislation replaces a law struck down in June by the U.S. Supreme Court, which ruled that the former Stolen Valor Act was unconstitutional because it violated the First Amendment right to free speech. The revision narrows the scope of the act, focusing on fraud and profiteering from lies of military achievement, and reflects the Legion's Resolution 238, passed at the 94th National Convention in Indianapolis.

[HISTORY]

World War II Monopoly now on sale

The National World War II Museum in New Orleans has teamed up with Hasbro and USAopoly to create a new edition of a classic board game. "Monopoly: America's World War II: We're All In This Together" replaces railroads with supply routes, hotels with camps, and board spaces with World War II events. The museum's education, curatorial, research and retail departments worked with Hasbro to make the game as engaging and historically accurate as possible. The American Legion supports the National World War II Museum through a resolution passed at the National Executive Committee's Fall Meetings in 2009.

shopwwii.org

[EDUCATION]

Check VRAP criteria before enrolling

Q: ***I've been told I'm eligible for the Veterans Retraining and Assistance Program (VRAP), but I don't know if it will cover the tuition cost of a three-credit course that does not lead to a degree, only a certificate. I can't afford to pay $2,565 if I won't be compensated. What do you suggest?***

A: VRAP pays you directly, and then you pay the school. But to receive the monthly benefit, you must be enrolled full time at a VA-approved program offered by a community college or technical school. The program must lead to an associate degree, non-college degree or certificate, and train the veteran for a high-demand occupation. For more information about VRAP, go to **www.benefits.va.gov/vow**.

Valerie Heffner, a Marine Corps veteran and member of American Legion Post 27 in Arizona, is a past vice president of the National Association of Veterans' Program Administrators. ***askvalerie@legion.org***

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Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
Friendly Return Policy[1]	30 days	30 days

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How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to ***The American Legion Magazine,* Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206,** fax **(317) 630-1280,** e-mail **reunions@legion.org** or submit information via our website, **www.legion.org/reunions.**

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, *The American Legion Magazine* will publish a group's listing only once a year.** Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to ***The American Legion Magazine,* Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206,** fax **(317) 630-1280** or e-mail **reunions@legion.org.**

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to ***The American Legion Magazine,* Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.**

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to ***The American Legion Magazine,* Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206.** Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

475th Ftr Grp, 431st, 432nd & 433rd Ftr Sqdns 5th AF, Nashville, TN, 4/18-21, Dana Grossman, (858) 692-1358, dana@grossman.info; **Air Police/Security Police Sqdns (Rhein Main AB, Germany),** Dayton, OH, 6/7-9, Jim Jerome, (541) 575-2210, ijerome@centurytel.net

ARMY

88th Inf Div, SE Chpt, Columbus, GA, 5/2-5, Preston Bryant, (803) 245-4462, nimrod004@earthlink.net; **162nd AHC,** Savannah, GA, 2/17-20, Don Welch, (727) 667-0644, dwelch98@tampabay.rr.com; **282nd Assault Heli Co "Black Cats,"** Lenexa, KS, 6/13-15, Jose Cano Jr., (254) 675-8729, jcano1a@clear.net; **416th Eng Cmd,** Argonne, IL, 11/3, Larry Czepiel, (815) 836-8082, ljcz@msn.com; **599th Armd Field Arty,** Albuquerque, NM, 4/11-14, M. Marek, (713) 468-6520, mari9999@att.net; **USARI (U.S. Army Russian Institute) Class of '83,** Garmisch, IN, 6/2-4, Bob Huddleston, (360) 649-8405, huds5@wavecable.com

MARINES

Hotel 2/7 (Vietnam, 1965-1970), San Antonio, 6/20-23, Rudy Ramon, (210) 861-9950, h272013@att.net

NAVY

Altamaha, Tyler, TX, 11/7-11, Dave Hoy, (207) 230-0347, ahoyther@adelphia.net; ***Ault* DD 698,** Erlanger, KY, 4/25-29, Pam Brown, (417) 338-4048; ***Bausell* DD 845,** San Diego, 6/16-20, Eugene D'Arezzo, (928) 854-2205, genied@frontiernet.net; ***Bushnell* AS 15,** Herndon, VA, 4/11-15, Ben Supowitz, (215) 676-3585, benel24@comcast.net; ***Carpenter* DD 825,** Cincinnati, 4/25-29, Coy Ritchie, (303) 627-1527, coyritchie@aol.com; ***Cogswell* DD 651 Assn,** Mobile, AL, 6/2-5, George Overman, (760) 889-2216, secretary@usscogswell.com; **East Coast All Seabee,** Hampton, VA, 2/22-24, Bruce MacDougall, (804) 921-4753, seabeemacd40@verizon.net; **F-14 Tomcat Assn,** San Diego, 4/24-28, Art Martin, (805) 479-2884, art@f-14association.com; ***Harry E. Hubbard* DD 748,** Virginia Beach, VA, 5/15-19, Dick Oliver, (727) 363-3059, dd748@mac.com; ***John King* DDG 3,** Charleston, SC, 6/3-6, Edward Garrett, (802) 368-7501, garrettep2@myfairpoint.net; **Navy Armed Guard TX Chpt,** College Station, TX, 3/1-3, Cathy Willis, (512) 565-6117, txarmedguard2013@gmail.com; **NMCB 20 Seabees,** Hampton, VA, 2/22-24, Frank Thompson, seabee@bardstowncable.net; ***Pamina* AKA 34 / *Tanner* AGS 15,** Groton, CT, 6/23-27, Thomas McDowell, (978) 772-5357, kathyortom61@verizon.net; ***Pawcatuck* AO 108,** Philadelphia, 5/19-23, Paul Houston, (215) 442-0863, prhouston@verizon.net; ***Power* DD 839,** Baton Rouge, LA, 5/15-19, John Pinto, (352) 527-2352, jpinto839@gmail.com; ***Renville* APA 227,** Portland, OR, 4/3-7, Lynda Rumple, (704) 906-7622, lyndahd01@aol.com; ***Sea Fox* SS 402,** Las Vegas, 5/19-24, George Arnold, (913) 441-1998, seafox@kc.surewest.net; ***Spinax* SS/SSR 489,** New London, CT, 5/20-24, Jack Hunter, (401) 849-7282, jhunter2007@cox.net; ***Steinaker* DD/DDR 863,** Warwick, RI, 4/25-28, John Evans, (254) 634-0602, texasevans@yahoo.com; ***Zelima* AF 49,** Branson, MO, 4/5-7, Fred Neeleman, (209) 629-6613, coors4fred@msn.com;

LIFE MEMBERSHIPS

Post 347, FL: Leo Koistinen
Post 382, FL: Russell J. Wilby

IN SEARCH OF

1st Air Cav (Vietnam, 1968-1969), Peggy Baldwin, (501) 554-0748

1st Bn Plt 1040 (San Diego, July-Oct 1968), Stephen Norpel, (563) 451-8417, snorpel@yahoo.com

9th MAB 3rd Mar Div Reception Ctr (Camp Hansen & Camp Hague, Okinawa, 1969-1970), Edward Plumley, (864) 859-0800

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AFPN Det 405th FW (Clark AB, Philippines, 1962-1970), Hal Petrie, (925) 787-1927, badhal1@yahoo.com
Co 155 (Bainbridge, MD, Sept-Oct 1957), Larry Banton, (434) 528-4275, lfbjr1@verizon.net
D Co 1st Spec Trps Cmd (Fire Dept, Fort Benning, GA, 1953-1955), Bill Humphreys, (423) 638-2986, dollarbill3430@yahoo.com
Eng OCS 109C (1966), Robert Ekdahl, (402) 496-0688, rekdahl@tconl.com
Field Arty Officers Basic Course 6 (Fort Sill, OK, Sept-Dec 1968), Willis Johnson, (580) 885-7251, flyingj12@att.net
H Co ITR (Camp Lejeune, NC, Sept-Oct 1968), Edward Plumley, (864) 859-0800
HQ Boston Air Defense Sector (BADS) 4603rd SUPRON (Stewart AFB, Newburgh, NY, 1959-1963), Dave Winnagle, (434) 237-4237
***Intrepid* B Div (1959-1962),** Ed Kempf, (513) 473-7110, karenkempf@hotmail.com
***Iowa* BB 61 (1940s, 1950s & 1980s),** Bil Humienny, (718) 745-4502, billhbb61@aol.com
MACV Team 31 (Cheo Reo, Vietnam, 1968-1972), Lewis Grissaffi, (619) 922-8682, luisaffi@yahoo.com
***Neoga* YTB 263 (Pearl Harbor, 1954-1955),** Roy Melvin Hay, (843) 757-3858, royhay3@aol.com
Original Draft Security Co ASP 8th Army (Feb 1958), Michael Keohane, (631) 654-3914, longwalker21@aol.com
Plt 367 (Parris Island, SC, June-Sept 1972), Paul Palko, (412) 271-1538, chiefpjp@verizon.net
Plt 393 (Parris Island, SC, July-Sept 1968), Edward Plumley, (864) 859-0800
Q-29 Tng Sqdn (Sheppard AFB, Wichita Falls, TX, Jan-Mar 1946), Aubrey Smith, (770) 957-1023, only1rose@bellsouth.net
Queen, Eddie Johnson, (620) 983-2459
***Serrano* AGS 24 (1966-1969),** Dwayne Stokes, (501) 776-1242
SK "A" School (NTC San Diego, June-Aug 1966), Joel Leon, (417) 300-0769, brewski65610@@sbcglobal.net
***Valcour* AVP 55 (Norfolk, VA & Persian Gulf, 1948-1951),** Charles Crawford, (787) 379-6883, denny1928@gmail.com
Vietnamese Language School (Presidio, Monterey, CA, 1969), Edward Plumley, (864) 859-0800

TAPS

Walter W. Bonham, Dept. of Oklahoma. Dept. Cmdr. 1994-1995, Nat'l Security Training Cmte. Memb. 1958-1959, Nat'l Counter-Subversive Activ. Cmte. Memb. 1994-1995 and Nat'l Distinguished Guests Cmte. Vice Chmn. 1995-1998.

Raymond G. Howe, Dept. of Mississippi. Dept. Cmdr. 1994-1995, and Nat'l Americanism Cncl. Vice Chmn. 1986-1988 and 1990-2012.

Michael J. Kogutek, Dept. of New York. Nat'l Cmdr. 1980-1981, Dept. Cmdr. 1968-1969, Nat'l Veterans Preference Cmte. Memb. 1964-1965, 1966-1969 and 1972-1973, Nat'l Veterans Preference Cmte. Vice Chmn. 1965-1966 and 1969-1972, Nat'l Exec. Cmte. Alt. Memb. 1969-1970, Nat'l Finance Cmsn. Memb. 1971-1982, Nat'l Child Welfare Foundation Board Memb. 1973-1982, Nat'l Overseas Graves Decoration Trust Chmn. 1980-1981, Nat'l Advisory Cmte. to Nat'l Cmdr. Chmn. 1981-1982, Nat'l Overseas Graves Decoration Trust Vice Chmn. 1981-1982, Nat'l Overseas Graves Decoration Trust Memb. 1982-1983 and Nat'l Advisory Cmte. to Nat'l Cmdr. Vice Chmn. 1981-1982.

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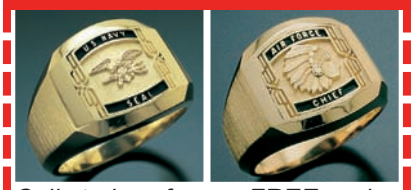

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A retired husband is a wife's full-time job.

A DOCTOR confided in an attorney friend. "I have a problem," he said. "Whenever I'm at a social gathering, people tell me about their medical problems. I don't mind giving advice, but I feel like they're taking advantage of me. Would it be legal or ethical for me to bill them?"

"Absolutely," the attorney replied. "That'll be $200."

A MOTHER looked out the window to watch her two sons playing in the snow. She called the older boy to come inside.

"I've told you to share the sled with your little brother," she said. "You can't keep it to yourself."

"I am sharing," he protested. "I use it going down the hill, and he uses it going back up."

OVER BREAKFAST, a woman told her husband, "I'll bet you don't know what day this is."

"Of course I do," he answered, as if offended, and left for the office.

At 10 a.m., a dozen red roses arrived at the house. At 1 p.m., an enormous box of chocolates was delivered. A designer dress arrived at 3 p.m.

When her husband got home, the woman threw her arms around his neck, saying, "I've never had a more wonderful Groundhog Day!"

GIVING A PATIENT his physical, a doctor noticed several dark bruises on the man's shins. He asked, "Do you play hockey, rugby or any physical sport?"

"No," the man replied. "I just play bridge with my wife."

"The Politician's Lunch is a pork sandwich, and we send the bill to your grandchildren."

"You can't escape it, son. Being a team mascot is your destiny."

"Oh. When you talked about 'models on a runway,' I thought ...."

THE LOCAL Department of Motor Vehicles branch was packed. After waiting in line nearly an hour, one man finally got his license.

He inspected his photo and said to the clerk, "I stood in line so long that I ended up looking pretty grouchy in this picture."

"It's OK," the clerk said. "That's how you'll look when the cops pull you over anyway."

A WIFE suggested her husband try his hand at changing diapers. "I'll do the next one," he said.

Later, when their baby needed another change, she asked for his help. "I didn't mean the next diaper," he replied. "I meant the next baby."

"I SEE THESE PROTESTERS in countries like Egypt, Afghanistan, Tunisia. They're all burning American flags. Where are they getting all these flags? If you hate us so much, how do you have a large supply of flags on hand?" – *Jay Leno*

Asbestos Cancer Hits Former Sailors

Many sailors who served their country proudly aboard ships in the World War II, Korean, and Vietnam War eras, are now being **diagnosed with asbestos-related cancers.**

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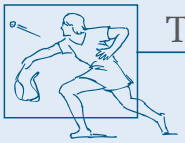

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